

## GANGLION CYST

Your GP has referred you to the Orthopaedic Department because of the swelling around your wrist. It is likely that you have a ganglion cyst. A ganglion is a smooth lump under the skin due to a cyst which contains a thick, jelly-like fluid and can vary in size.



Ganglion cysts are harmless and can be safely left alone. Nearly all eventually disappear and usually cause little trouble. There are no long-term problems from not treating the ganglion. Although we can remove the fluid with a needle and syringe, it comes back again in up to 80% of (8 out of 10) cases within weeks or months.

We do not routinely recommend surgery as:

- it results in a permanent scar
- the ganglion may come back and
- rarely nerve damage, stiffness and chronic pain may occur.

Therefore, we do not routinely provide a hospital appointment.

**If, you wish to speak with an experienced health professional for more information, advice or an appointment, please contact the Helpline on:**

Please also contact us if the lump continues to increase in size or develops other symptoms such as a rough or irregular shape.