

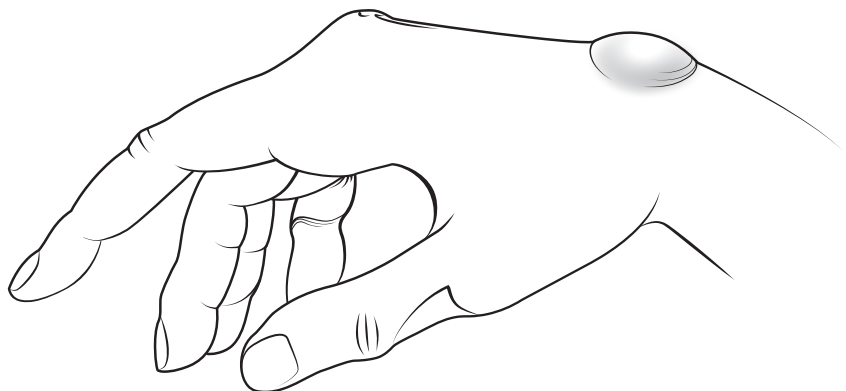


# Information About a Ganglion



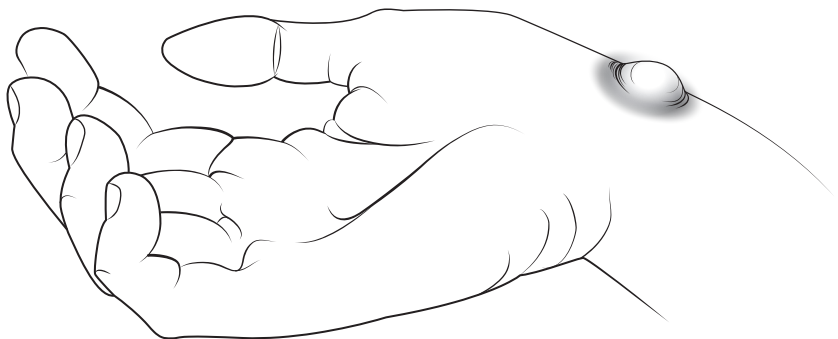
## What is a ganglion?

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. It can occur on either the front or the back of the wrist.



## What will happen to it?

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.



## **What are the treatment options?**

It is rare that you need any treatment for your ganglion. 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.

## **When would a ganglion need treatment?**

If the ganglion continues to increase in size, or becomes hard or irregular in shape you should contact us for an appointment.

## **What do I do now?**

We do not routinely provide a hospital appointment.

After reading this leaflet if you think that you do not need treatment at the moment you do not need to take any further action. You can get advice from us directly in the future if your symptoms get worse.

Please contact us on the number provided on the covering letter if you wish to discuss further.

