

Clinic B1A

TTSH Medical Centre, Level B1

Contact:

6357 7000 (Central Hotline)



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Department of
**HAND & RECONSTRUCTIVE
MICROSURGERY**

Ganglion Cyst

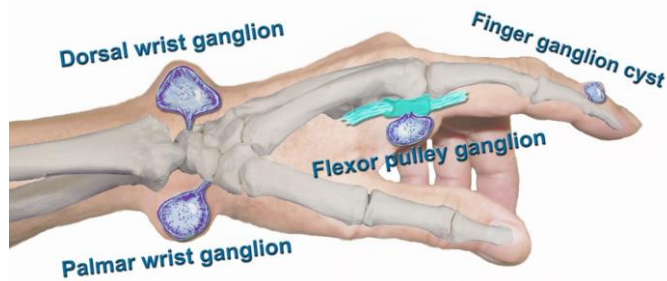


What is a Ganglion Cyst?

A ganglion cyst is a harmless fluid-filled lump that is usually found near the joints or tendons. It is the most common lump in the hand and wrist. It is most often seen on the back of the wrist, but may also develop on the front of the wrist, and on the hands and fingers.

The cyst contains a jelly-like fluid, and is thought to develop after minor trauma to the wrist.

Illustration: Ganglions of the hand & wrist



Risk Factors

A prior history of injury to the wrist ligaments or repetitive strain may increase the chances of one developing ganglion cysts.

In patients with arthritic finger joints, ganglion cysts may be seen over the fingers. There may also be changes to the fingernails.



Symptoms

Majority of ganglion cysts do not affect your daily life. In some cases, pressure of the cyst can cause aching or discomfort. Larger cysts may limit joint motion. Patients may also notice that the cyst may change in size.

You should seek treatment if you have concerns regarding the nature of the lump, pain, altered sensation or function, or for cosmetic reasons.

Diagnosis

Ganglion cysts have characteristic features. Diagnosis is usually made based on clinical examination of the lump.

In some cases, Ultrasound or Magnetic Resonance Imaging (MRI) may be needed to define the origin, or to identify the location of the ganglion and its connecting stalk in association with surrounding structures.

Treatment Options

Observation

If you do not have any symptoms, no intervention is needed.

Surgical Excision

Surgical removal is an option if the ganglion cyst is causing you pain or affecting your daily function. Surgery may be done under local or general anaesthesia, and involves a skin incision to remove the ganglion cyst together with its connecting stalk to the joint capsule.

The surgical risks include wound infection, scarring, injury to the surrounding tissues such as tendons, nerves and vessels, and recurrence of the ganglion cyst.

