

MIKE FOSTER
Hand Wrist and Elbow
Dorsal Wrist Ganglion

Problem

- Swelling on the back of the wrist

Cause

- A fluid filled cyst, arising from the ligaments/capsule of the wrist. Most commonly the scapho/lunate ligament.

Diagnosis

- Pain/discomfort is felt on the back of the wrist, usually exacerbated by wrist extension
- The swelling is usually clearly seen, more prominent with wrist flexion. The swelling can come and go.
- X-rays are usually normal.
- MRI/Ultrasound can confirm the diagnosis as a fluid filled cyst.

Treatment

- Aspiration can deflate the cyst, usually reoccurs
- Surgery – General Anaesthetic
 - Transverse or longitudinal incision
 - Excision of cyst and 'stalk' from where the cyst arises
 - Specimen sent to laboratory for histological analysis

Potential Complication

- Infection, Haematoma, numbness to back of hand
- Stiffness
- Small chance of reoccurrence – less than 5%.

Post Op

- Day surgery
- Supportive bandage for ten days
- Wound check and discuss histology at 10 days
- Back to most activities by two weeks