

MIKE FOSTER
Hand Wrist and Elbow Surgeon
Removal of Seed Ganglion
(Over Palm)

Problem

- Small swelling over the palm.

Cause

- A fluid filled cyst arising from the flexor sheath.

Diagnosis

- Pain and discomfort is felt at the base of the relevant finger, especially when gripping items
- The swelling can usually be palpated. It may change in size and shape.
- X-rays are usually normal.
- MRI/ultrasound can confirm the diagnosis as a fluid filled cyst

Treatment

- Surgery – usually general anaesthetic
- A small Brunner incision is made over the palpable lump
- This is excised with an excision of the cyst and stalk from where the cyst arises.
- The specimen is sent to the laboratory for histological analysis

Potential Complications

- Infection, haematoma, neurovascular injury
- Stiffness
- A small chance of recurrence, less than 5%.
- Occasionally the lump may be a swelling on the nerve or blood vessel

Post Op Care

- Day Surgery, supportive bandage for ten days
- Wound check and discuss histology at ten day.
- Back to most activities by two weeks