

## Contact information

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### Hand Therapy

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Hand Therapy Specialists  
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BMI Hand therapy  
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Six Physio, Finchley Road  
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# Ganglion cyst aspiration

## Information for patients

### Recommended Consultant Radiologists:

Dr. Michael Khoo  
Dr. Robert Pearce  
Dr. Adam Mitchell  
Dr. Justin Lee  
Dr. Gajan Rajaswaran  
Dr. Jerry Healy  
Dr. Manos Astrinakis

Appointments for these doctors are  
booked via Radiology dept. of your choice:

**Fortius Clinic** 0203 195 2442

**BUPA Cromwell** 0207 460 5746

**Wellington Hosp / other HCA venue**  
0207 483 5012

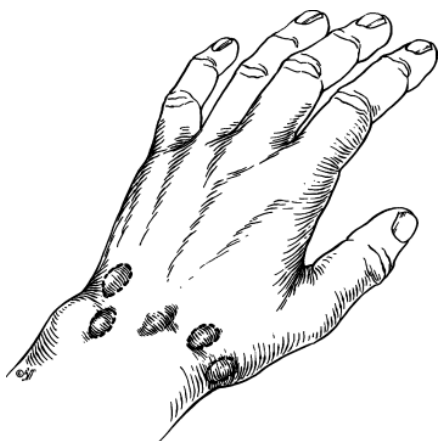
# Maxim D. Horwitz

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**Adult and Children's Consultant  
Hand Surgeon**



**Ganglion  
management**



### Is my ganglion cyst likely to come back?

Unfortunately, around half of all ganglion cysts return at some point following an aspiration. If it does return, surgery may be necessary.

## What is a ganglion cyst?

Ganglion cysts are common swellings in the hand and wrist. They feel like a smooth lump under the skin and are usually diagnosed on clinical examination. They contain thick clear fluid and occur in four common locations:

1. The middle of the back of the wrist
2. The front of the wrist at the base of the thumb
3. The base of the finger on the palmar side
4. The back of an end joint of a finger

### What are they caused by?

Ganglion cysts typically arise spontaneously and are thought to occur when fluid from a joint or tendon leaks out and collects in a sac.

## Treatment options

There are three main treatment options for a ganglion cyst:

1. Explanation, reassurance & wait for see if it disappears on its own
2. Draining the fluid out of the cyst with a needle and syringe (**aspiration**)
3. Cutting the cyst out using surgery

Treatment is only recommended if the cyst causes pain or affects the range of movement in a joint

### I'm having my ganglion cyst aspirated – what can I expect?

Aspiration is carried out by a Consultant Radiologist in the outpatient department under ultrasound guidance (to help guide the needle).

Local anesthetic is injected first to help numb the area and this can sting a bit.

The consultant radiologist will then insert a needle into the cyst and attempt to remove all the fluid

You might also be given an injection of steroid medication to prevent the cyst returning and reduce inflammation.

You will be placed in a dressing to cover the injection site which you can remove six hours after the procedure.

You will be able to leave the hospital straight away afterwards. Avoid sport and heavy lifting for 1 week following the procedure.

