

PATIENT INFORMATION SHEET

42	TOPIC	Ganglion
PROCEDURE		Excision of Ganglion
		
AIMS OF SURGERY	REMOVE THE PROBLEM GANGLION (ballooning of joint capsule/tendon sheath)	
ADVANTAGES OF THIS OPERATION	A relatively short procedure The Lesion is excised completely No Bone healing required	
SPECIFIC RISKS OF THIS OPERATION	<input type="checkbox"/> Thickened scar and/ or tender scar - may reduce over 12 months <input type="checkbox"/> Areas of numbness - may reduce over 12 months <input type="checkbox"/> Recurrence <input type="checkbox"/> Circulation disturbance to the area	
OVERVIEW		
Operation time	Usually between 30 - 60 minutes	
Incision placement	Usually on the top of the foot in the area of the ganglion	
Stitches	We try to use absorbable stitches (where possible)	
Fixation	Not required	
Will I have plaster?	This is not normally necessary.	
Is this a Day Procedure?	Yes, you can usually go home the same day (you will usually be admitted for half a day)	
Estimated time off work	Non-manual work approximately 2-4 weeks Manual work 4-6 weeks	
INDICATIONS FOR THE PROCEDURE	Painful or troublesomely large or enlarging ganglion Numbness affecting the area or distally associated with pressure from the ganglion Difficulty with shoe fit despite wearing sensible footwear	
ALTERNATIVE TREATMENTS	Manage your symptoms by routine treatment, altering activity levels, using painkillers, changing footwear/ extra-width or special footwear possibly with a protector to the area. Drainage without excision	
GENERAL RISKS OF SURGERY	The anaesthetic options and general risks of foot surgery are outlined in the Generic Pre-operative Information Booklet for Patients with which you will have already been provided YOU SHOULD READ THIS LEAFLET IN CONJUNCTION WITH THE GENERIC PRE-OPERATIVE INFORMATION BOOKLET FOR PATIENTS (Numbered 1)	
MORE INFO BY:	1. Speaking with your consultant or one of the clinical team 2. Reading the information provided 3. Looking at our Department's NHS Choices information or the Faculty of Surgery website 4. See our Podiatric Surgery public facing website pages on http://www.herefordshire.nhs.uk/	

Ganglion Excision Surgery

Answers to Common Questions

The Operation

The operation is usually performed under a local anaesthetic, usually around the ankle or behind the knee. Most patients find this to be more comfortable than a dental injection.

Although the operation is relatively short, you will be in the Day surgery Unit for longer. You must have a competent adult at home for the first day and night after surgery. This allows us to be sure you will be safe for the first night.

First 2-4 days

- This is the worse time for pain but you will be given painkillers to help. You must rest completely for 2-4 days.
- You will be able to stand and take weight carefully (using crutches) after the operation, but you must rest, with your feet up, as much as possible.
- You should restrict your walking to going to the bathroom and when getting about use your crutches in the way you will have been shown.
- You can get about a little more after 3 days.

7 days after surgery

- You will need to attend for your foot to be checked and re-dressed.
- You may start to do a little more within pain limits. Pain means you are doing too much.

Two weeks after surgery

- You must attend again. Sutures will be removed unless there are any on the sole of the foot (these are taken out after 3 weeks).
- You will not need a bandage, probably will not need the crutches and can get the foot wet providing the wound has healed satisfactorily.

Between 2-6 weeks after surgery

- The foot starts to return to normal and you can return to shoes (usually between 2 and 4 weeks).
- The foot may still be quite swollen especially at the end of the day.
- You may return to work but may need longer if you have an active job
- You may return to driving if you can perform an emergency stop. You must check with your insurance company before driving again.
- Whilst normal activity will be resumed, sport should be avoided.

Between 8-12 weeks after surgery

- The foot should continue to improve and begin to feel normal again.
- There will be less swelling.
- Sport can be considered after 3 months depending on your recovery.

Six months after surgery

- You will have a final review between 3- 6 months following surgery.
- The swelling should now be slight and you should be getting the full benefit of surgery.

Twelve months after surgery

- The foot has stopped improving with all healing complete.

Please note; if a complication arises, recovery may be delayed.