



## **Ganglion Cyst Removal (Wrist) Post Operative Rehabilitation Protocol**

### **Following Surgery:**

- Expect a soft dressing and removable splint post operatively (this will be provided at your pre-op appointment in the clinic.)
- Early thumb and finger motion is encouraged.
- Elevate and ice for at least 3 days.
- Continue to elevate as often as possible until your next clinic visit. (Elevate above your heart.)
- Dressing may be removed after 2 days.
- Leave Tegaderm in place. May shower as long as the Tegaderm is in place.
- Take your pain medication as needed and as prescribed. Call if any problems or questions arise.

### **10-14 Days Post Op (at therapy):**

- Tegaderm will be removed, may discontinue splint use.
- Range of motion as tolerated, no heavy lifting activities for another 2 weeks.

### **6 Weeks Post Op:**

- Follow up appointment in clinic M.D.
- Full release