

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

### **Following Surgery:**

- Expect a surgical bulky dressing to be kept in place for 10-14 days.
- 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.)
- Shower with a plastic bag covering the splint and seal with tape.
- Take your pain medication as needed and as prescribed. Call if any problems or questions arise.

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

- Dressing and sutures will be removed.
- Wrist range of motion exercises initiated and encouraged, especially volar flexion.
- Continue thumb and finger range of motion exercises to avoid stiffness.
- Therapist will fit patient with a volar wrist splint to be worn until 4-6 weeks post op.
- Begin to use hand for light daily activities.
- If necessary, continue to attend therapy until a full range of motion is obtained.

### **4-6 Weeks Post Op:**

- Follow up appointment in clinic with P.A. or M.D. at 4 weeks.
- May resume heavy lifting activities upon healing of the incision site.
- Discontinue splint as directed.

### **8 Weeks Post Op:**

- Follow up appointment in clinic with P.A. or M.D.
- PRN follow-up in future.