



Lancaster Plastic Surgery Associates

1496 Lititz Pike • Lancaster, PA 17601 • (717) 481-3444

Post-Procedure Instructions Ganglion Cyst Excision

You had a ganglion cyst excision with a small incision (approximately 1–2 cm) closed with sutures. Please follow these instructions carefully.

Dressing & Wound Care

- Leave the initial dressing in place for 2–3 days.
- After 2–3 days you may remove the outer dressing. Keep the incision clean and dry.
- You may gently wash the area with soap and water once the dressing is off. Pat dry—do not rub.
- Do not soak the hand (no baths, pools, or hot tubs) until the sutures are removed.
- A light bandage or Band-Aid may be used if the incision feels sensitive.

Elevation & Swelling

- Keep your hand elevated above the level of your heart as much as possible for the first 48–72 hours.
- This reduces swelling and discomfort.

Activity & Restrictions

- Begin gentle active motion of the fingers and wrist immediately. Make a fist and fully straighten the fingers several times a day—this helps prevent stiffness.
- Avoid heavy lifting, forceful gripping, or repetitive strenuous use of the hand for at least 1–2 weeks (or as directed).
- Most patients can resume light daily activities within a few days.
- Driving is usually safe once you feel comfortable and are no longer taking narcotic pain medication. A driver was recommended for the day of surgery for comfort.

Pain Management

- Mild to moderate discomfort is normal for several days.
- Take over-the-counter acetaminophen or ibuprofen as directed unless told otherwise.
- If stronger medication was prescribed, use it only as needed.

Suture Removal & Follow-Up

- Your nylon sutures will be removed at your 2-week follow-up visit.
- Two post-operative visits are included in your package.
- Please keep your scheduled appointments.

Scar Care

- Beginning at 2 weeks (after sutures are removed), you may start gentle scar massage.
- Massage the scar with silicone gel for a few minutes several times a day.
- Scar management guidance is part of your package.

When to Call the Office

- Increasing redness, warmth, swelling, or drainage from the incision
- Fever over 101°F (38.3°C)
- Severe or worsening pain not controlled by medication
- The cyst appears to return or you notice a new lump at the site
- Any other concern that worries you



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If you have an urgent concern after hours, call the office number for instructions.