



GANGLION CYST EXCISION SURGERY

SURGERY INFORMATION



DR CHRISTY GRAFF

Foot and Ankle

Adult and Paediatric Orthopaedic Surgeon



0493 461 133



(08) 9118 3112



HealthLink:drcgraff



admin@christygraff.com



www.drchristygraff.com

THE SURGERY

The surgery (if performed without other procedures) is usually a day case procedure. Under an anaesthetic, an incision is made over the location of the ganglion. A tourniquet is used on the thigh to limit bleeding. The cyst and its stalk is excised and sent to the laboratory to confirm the diagnosis.

Associated operations may include:

- **Fusion (arthrodesis) of the midfoot**



Photograph of a ganglion cyst of the foot

THE HOSPITAL STAY

- You will wake up with a **Darco Shoe**
- You will be able to walk in the darco shoe
- You will be able to go home the same day
- You will need to take blood thinners to prevent blood clots and vitamin C 1g daily to help wound healing and pain management

WHEN YOU GO HOME

- You will need **medications** for pain relief; regular paracetamol (2 tablets four times a day) is recommended, as well as strong pain killers, especially at night before bed. These can have side effects of drowsiness, nausea and constipation, and other tablets to help with these side effects may be required.
- You will need to take vitamin C and blood thinners as prescribed
- You can debulk the dressings in 48 hours and keep the sticky dressings intact
- You will be given more dressings to take home to cover the old dressings
- You can shower and pat the dressings dry
- You will need to attend your **post op appointment** in 2-3 weeks where the wounds will be checked

REHABILITATION

All patients are different. These timelines are only a guide, and some patients may progress faster or slower than others.



GANGLION CYST EXCISION SURGERY

WHEN CAN I RETURN TO WORK?

- Seated work at 2-3 weeks
- Prolonged standing 6 weeks
- Heavy labour work 6 weeks in supportive lace up boots

WHAT CAN GO WRONG?

- Anaesthetic problems
- Wound/scar problems
- Recurrence
- Blood clots
- Infection
- Ongoing pain/swelling
- The need for further surgery
- Chronic regional pain syndrome

CONTACT

If you want more information, or have any questions or problems, please contact Dr Graff on **admin@christygraff.com** or please call the rooms on **0493 461 133**

0-3 weeks	<ul style="list-style-type: none">• You will be in a darco shoe for walking; you can remove it for sleeping, resting and showering• Pain relief: Please take regular paracetamol with meals and before bed; stronger pain killers are sometimes needed, especially before bed• Please take blood thinners and vitamin C as prescribed
2-3 weeks	<ul style="list-style-type: none">• Post op appointment for a wound review• If swelling is settled, you can start wearing supportive sneakers• Avoid high impact activities and narrow/high heeled shoes
6 weeks	<ul style="list-style-type: none">• You can wear normal shoe wear but it is good to avoid narrow shoes or high heels• You can get back to normal activities• Swelling may persist for up to 3-4 months

WHEN CAN I DRIVE?

- **Left foot:** the next day, if driving an automatic
- **Right foot:** 2-3 weeks once the wound has healed