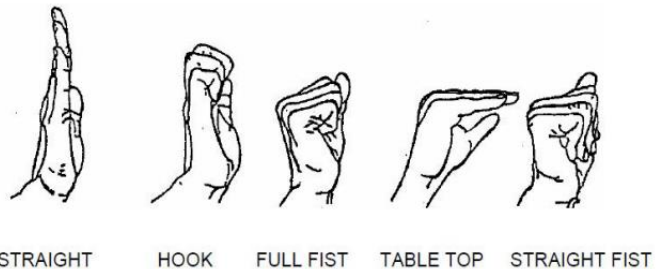


Dr. Allen Ganglion Cyst Removal Post-Op Protocol

Post-Op Instructions

1. Keep dressings in place until post op day #3
2. Keep hand and dressings clean and dry, cover them to shower and bathe
3. Ok to get wound wet in shower post-op day #5, no soaking until after first post-op visit (2 weeks)
4. Cryotherapy with ice or a cool pack several times a day
5. Scheduled Tylenol and Ibuprofen for pain control
 - a. Limited narcotics are given for cyst removal, this is to be used for break through pain only
6. Local anesthetic is injected at the time of the surgery for pain control, this will last 4-8 hours
7. Keep hand elevated to improve swelling into your fingers
8. Work on elbow, wrist, hand, and finger ROM
9. No heavy lifting (<3# limit)
10. Begin tendon & nerve glide exercises immediately post-op



First Post-Op Visit (~POD #14)

1. Follow up from surgery at 2 weeks post-op
2. Sutures will be removed at this appointment
3. Continue to work on hand and finger motion with emphasis on tendon and median nerve glides
4. Hand strengthening with putty or a Theraball at 3-4 weeks post-op

Second Post-Op Visit (POD~28 [OPTIONAL])

1. Depending on your progress you may elect to cancel this appointment

Recovery

1. You may do light work such as typing within the first week after surgery
2. Return to strenuous work can take 4-6 weeks
3. Pinch strength returns in 2-6 weeks
4. Grip strength returns in 6-12 weeks