

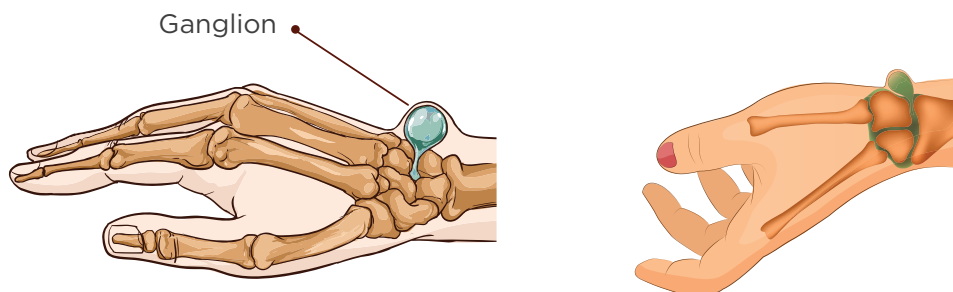
Ganglion Cyst

WHAT IS A GANGLION CYST?

- A fluid-filled collection overlying a joint or tendon. This fluid is naturally in the joint space. It helps lubricate the joint and prevent disease processes and conditions, such as arthritis.
- They are generally firm, smooth, rounded, rubbery and, at times, can be tender.
- The size of the cyst can change over time.
- They are benign and do not become cancerous.
- The most common location is the wrist; however, they can occur anywhere in the body.

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- **Observation:**
 - More than 50% of ganglion cysts resolve spontaneously without intervention. Therefore, you can watch the cyst for a period to see if it will resolve on its own.
- **Aspiration:**
 - For cysts causing discomfort in children, aspiration in the office is an option if the child will tolerate a needle stick.
 - The in-office procedure entails:
 - Local anesthetic is injected to numb the area.
 - A needle is injected into the cyst, and the fluid is removed.
 - A small bandage is placed, and the area is wrapped to apply pressure. The wrap generally stays on for 48 hours.
 - More than half of aspirated ganglion cysts will recur within a year.
- **Surgical Removal:**
 - Recommended for patients with persistent or recurrent symptoms despite initial treatment with conservative therapy.
 - The recurrence rate after surgery is approximately 10%.



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