



Ganglion Removal

Patient information Leaflet

May 2020

WHAT IS A GANGLION?

A ganglion is a harmless lump containing fluid. They usually develop under the skin, near a joint on the wrist or occasionally on the ankle or foot. The ganglion can form following an injury but generally the cause is unknown.

TREATMENT OPTIONS

A ganglion can disappear on its own after a year or two. Other methods of treatment include:

- The aspiration (suction) of the fluid in the ganglion sac with a needle and syringe
- Injecting the ganglion with a steroid medication

These are short term treatments only, as the ganglion may well return. If the ganglion is causing some discomfort and activity is affected an operation to completely remove the ganglion may be advised. Your doctor will discuss the treatment options with you and advise the best treatment for you.

BENEFITS OF SURGERY

The main benefit is the lump will disappear and general activity should improve.

EXCISION OF GANGLION

The surgeon will make an incision (cut) near to the ganglion. Tendons, nerves and blood vessels will be moved to one side so the ganglion can be seen and removed safely. The skin incision will be closed using stitches and a dressing will be applied.

HOW LONG WILL MY CHILD BE IN HOSPITAL FOR?

Your child will come into hospital, have the operation and usually go home on the same day. They will be admitted to the Children's Unit. Parents have open visiting times, and other relatives can visit between 13:00 and 20:00. Some children may need to stay in hospital overnight and a parent is able to stay overnight with them.

WHAT HAPPENS TO MY CHILD WHEN WE ARRIVE AT THE CHILDREN'S UNIT?

- A nurse will admit your child onto the unit, check personal details and take their pulse, temperature, oxygen saturations and blood pressure. Please tell the nurse if they have any known allergies or take any medication. Please bring any medication with you on the day. Please ensure you also inform the nurse if they have any other medical conditions.
- You will be asked to sign a consent form if you haven't already done so in the pre-operative clinic. If your child is having a general anaesthetic, you will be given staying instructions before admission in their admission letter. Please do not allow your child to chew gum as this causes an increase in saliva.
- Your child will be given a hospital gown to wear. Please also bring slippers, dressing gown and any teddy bears/dolls/toys for comfort.

- A nurse will apply Ametop cream/EMLA ('Magic Cream') if required to numb the area where your child will be cannulated.
- A play specialist will also conduct a pre-operative talk with you and your child. They are involved in helping your child to understand the procedure and distracting your child in the anaesthetic room.

WHAT HAPPENS AFTER MY CHILD'S OPERATION?

After the operation, your child will be taken to the recovery room and you will be able to accompany them back to the ward when they are awake. A nurse will check your child's observation. The nurse will monitor your child's pain, and give pain medication if required. Your child may feel sleepy after a general anaesthetic. They will have a cannula in-situ which will be removed prior to discharge. Your child will be offered sips of water, and then light diet when they are ready. Once your child has recovered, and the medical and nursing team agree your child is well, you can go home.

GOING HOME

- Please ensure you have paracetamol and ibuprofen at home for your child before your appointment. Give pain relief as needed once discharged home. Do not give more than advised on the label.
- You should stay with your child for at least 24 hours following their surgery.
- A follow-up appointment will be organised and a letter will be sent to you with the appointment details. For wound site checks, and if any stitches need to be removed, an appointment will also be made with the children's community nursing team.
- Please observe the wound site for signs of infection e.g. excessive swelling, redness, pain, or discharge. If your child develops any of these signs, or a temperature, contact your GP or the community team.
- If you are worried about your child's condition, please contact your GP or if necessary attend the Accident & Emergency Department.

WHEN WILL MY CHILD BE ABLE TO RETURN TO SCHOOL?

Your child will need at least 2 days off school. Depending on the extent of their surgery your child will be able to return to normal activities including sport after three to four weeks.

Gentle use of the limb can be commenced once comfortable and more normal movements should return within 1 to 2 weeks of the operation.

WHO SHOULD I CONTACT IF THERE IS A PROBLEM FOLLOWING MY CHILD'S SURGERY?

Useful Contact Numbers:

- Children's Unit 0161 922 5252 (24 hrs)
- Children's Community Team 0161 922 5251 (08.00-20.00 mon-sun)
- NHS Direct 111 (24hr helpline)
- You can also contact your GP for advice.

Useful Websites/information:

- Department of Health (www.dh.gov.uk)
- NHS Choices (www.nhs.uk/conditions)
- NHS institute for innovation and improvement (www.institute.nhs.uk)
- NHS Improvement (www.improvement.nhs.uk)

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

If you require an interpreter, please ask an appropriate person to contact our central booking office between Monday to Friday 8am to 5pm on 0161 922 6991 to arrange this for you.

語言翻譯及病者支持服務 (LIPS):

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 0161 922 6991 聯絡本中

央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem 0161 922 6991.

لینگویج، انٹرنپرائیٹیشن اینڈپیشٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

Adapted from:

Excision of Ganglion – Writington, Wigan and Leigh NHS Foundation Trust

Author: Claire Casey

Division/Department: Women and Childrens

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