

Dear Patient,

You have been referred to the Musculoskeletal (MSK) Occupational Therapy Hand Service.

Please read through the enclosed information which outlines the condition you have been diagnosed with and the treatment options available to you. Often patients find this information is helpful and clinic attendance is no longer required.

DIAGNOSIS – HAND/WRIST GANGLION CYST

Ganglion Cysts are fluid filled lumps that can change in size and can be safely left untreated, especially if they are painless. Most do not require surgery and will resolve on their own. If they are painful or limit movement, it may be possible to remove the ganglion surgically. Ganglions can come back in the future. Please note **it is not recommended** to hit the ganglion with a book as this can cause damage to underlying tissues and structures of the hand and wrist.

Please contact a Health Care Practitioner if the lump continues to increase in size or develop other symptoms such as, a rough or irregular shape.

Please find enclosed information on managing your condition following current guidelines from the British Society for Surgery to the Hand. We would recommend you also look at the NHS inform website where there is further information on Ganglion Cysts.

We have included the following hyperlinks in blue to click for information or QR links below for you to scan with your telephone Camera -

[The British Society for Surgery of the hand – Ganglion Cysts](#)



[NHS Inform – Ganglion Cysts](#)



If the lump gets bigger or irregular in size please arrange review with a healthcare provider

Please note you may be contacted by a member of our team to review your experience and enable us to improve our service in the future.