

Ganglion Cyst Fenestration and Steroid Injection

Patient Discharge Instructions

- Leave compression dressing on with brace for 48 hours.
- After 48 hours, remove compression dressing and transition to brace only.
- For weeks 1 & 2, wear brace for 24 hours except when doing the following: bath, shower, and in pool/ocean. NO DIRECT PRESSURE ACTIVITIES (I.E. pushups, handstands, handsprings, etc.)
- For weeks 3 & 4, wear brace only at night.
- Your child can perform daily exercises to strengthen the wrist and improve range of motion (alphabet) during the day when out of brace. Ordering physician can help with transitioning your child back to their prior level of activity.

Additional Information

- Activity following aspiration can cause ganglion cyst to increase in size and increase pressure on adjacent structures (i.e. nerves, arteries, or tendons) potentially causing pain. Tylenol can be given for pain if needed.
- Wrist brace is used to alleviate symptoms and prevent re-accumulation.
- If a fever >101 degrees Fahrenheit develops within a few days after the joint injection, immediately consult your primary physician for assistance or go to an emergency room because this may indicate the presence of an infection that requires prompt treatment. If you have pain that is not relieved with over the counter non-steroidal medications, please call 832-826-5336 and a radiology physician or nurse will help you.

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