

POST-OPERATIVE INSTRUCTION FOR GANGLION CYST REMOVAL

**DO NOT remove the dressing that is on your wrist until the 3rd post-operative day.*

**When you remove the bandage, there will be tape across your incision. DO NOT remove this as there are no skin sutures. The sutures are under the skin and tape helps hold the incision together tightly. This results in a flatter scar.*

**You may shower after the 3rd post-operative day and get the incision wet. DO NOT soak the incision as it will loosen the tape. Pat the area dry.*

**Pain medication may be taken every 4-6 hours as needed alternating with ibuprofen.*

**Please call if any of the following occurs:*

**Excessive bleeding*

**Redness or excessive swelling from the incision*

**A dramatic increase in throbbing pain after the first few days*