



Post Operative Instructions: Ganglion Cyst Excision

ACTIVITY

- You **may** use your foot as needed, heel weight bearing as tolerated. Elevate and Ice at or above heart level regularly.

SPLINT

- Keep the dressing on at all times, we will remove this during your visit to the clinic in 10-14 days.

DRESSING & INCISIONS

- A small amount of red-tinged drainage on the dressing during the first 2 days is normal.
- Keep the dressing clean and dry; protect it while bathing or showering.
- Keep the dressing intact until your first post op, if the dressing becomes soiled prior to that scheduled appointment, contact the clinic for a dressing change.
- Do not apply Bacitracin or other ointments.
- Avoid soaking in pools, lakes, hot tubs, or the ocean until sutures are removed and the incision is fully healed.

PAIN & INFLAMMATION

Ice

- Apply ice wrapped in a dry towel 20 minutes at a time, several times per day for the first week, then as needed.

Compression

- Adjust the compression of the ace wrap for comfort.

Elevation

- Keep your foot elevated above heart level as much as possible for the first 3-4 days.
- Place a pillow under your knee for comfort.
- Avoid pressure under your heel to help reduce the risk of ulcers.

Pain Medications

- Take your prescribed medications as directed.

Tylenol (Acetaminophen)

- First-line for pain.
- Take 500-650 mg every 6-8 hours.
- Do not exceed 1000 mg per dose or 3000 mg per day.
- Do not drink alcohol while taking Tylenol.

Anti-inflammatory

- As needed for postoperative swelling
- Do not take after fusion or with surgeries at risk for nonunion.

Opioid

- For moderate to severe breakthrough pain only.
- Use sparingly and wean off as soon as possible.

Common side effects include:

- Nausea: Take with food.
- Drowsiness: Do not drive or operate machinery.
- Itching: Benadryl may help.
- Constipation:
 - Use stool softeners (e.g., Senna-Docusate) or OTC options (Mineral Oil, Milk of Magnesia, etc).
 - Avoid bananas, rice, apples, toast, and yogurt (may worsen constipation).
 - Light walking helps stimulate bowel function.

Refills:

- If you think you will need a refill, you must request it during regular weekday office hours.

DVT PROPHYLAXIS

- Take Aspirin 81 mg twice daily for 3 weeks after surgery.
 - This is not for pain—it's to reduce the risk of blood clots (DVT/pulmonary embolism).
 - If you have an increased risk of blood clots, you may be given a prescription of Lovenox for 21 days.
- If you already take aspirin or other blood thinners, make sure your surgeon knows, as your plan may need adjustment.

EMERGENCIES

You must have someone stay with you during the first 48 hours after surgery.

Call the clinic or the on-call orthopedist if:

- Drainage soaks the dressing, increases, smells foul, or if incisions become red, warm, or very painful.
- You develop a fever >101.5°F or chills.
- You experience leg or calf pain, swelling, or difficulty breathing.

FOLLOW-UP CARE

- Schedule a follow-up appointment at ~2 weeks postoperatively for a wound check, suture removal, and review of your surgery (if not already scheduled).

EXERCISES – When you are comfortable and ready you may perform each exercise 2-3 times a day; it may help to take pain medication 20-30 minutes prior to the exercises and to apply ice after the exercises

Flexion:

Sit in a chair

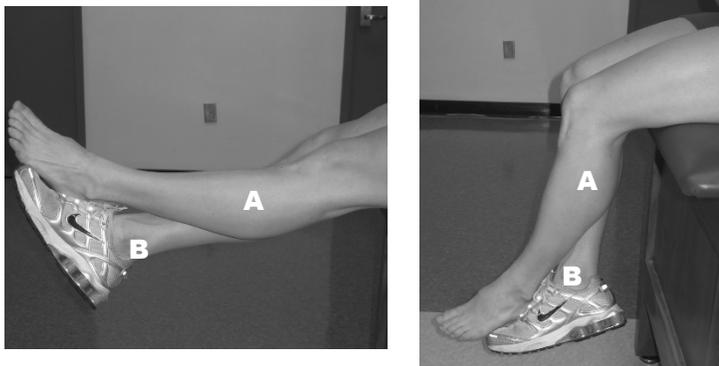
Place your unoperated leg (B) under the foot of your operated leg (A)

Gently allow the knee to bend with support from your unoperated leg (B)

When you reach your maximum bend, hold for 5 seconds

Perform 10-20 times in a row

Goal = 90° of flexion (bending) by 2 weeks after surgery



Quadriceps Contractions:

Sit or lie on the floor with your operated leg straight

Place a towel roll under the knee

Tighten your thigh and hamstring muscles, causing you to press your knee downward into the towel roll

Hold this position for 10 seconds

Relax your thigh and hamstring muscles

Perform 2-3 sets of 10

Straight Leg Raises:

Lie on the floor

Perform a quadriceps contraction (as stated in the above exercise)

Raise your foot about 6-12" off the floor

Slowly lower your leg back to the floor

Relax your thigh muscle

Perform 2-3 sets of 10

