



Dr. Brett Keller & Dr. Lawrence Nord
Central Illinois Orthopedic Surgery

1505 Eastland Dr. Suite 220 Bloomington, IL 61701
Phone: 309-662-2278 Fax: 309-663-2956

Ganglion Cyst

What is a ganglion cyst?

- A ganglion cyst is a swollen, closed sac under the skin. The sac is attached to the sheath of a tendon or may be attached to a joint. The cyst contains fluid similar to joint fluid. It can vary in size from a small pea to a golf ball. Ganglion cysts are the most common type of mass that occurs in the hand or wrist. They may also occur in the foot.

How does a ganglion cyst occur?

- The cause of ganglion cysts is not known.

What are the symptoms of a ganglion cyst?

- You may feel discomfort or pain. Sometimes the area of the cyst becomes swollen or disfigured. You may or may not see the cyst when looking at your hand or wrist.

How is a ganglion cyst diagnosed?

- An x-ray will be done to rule out any bone injuries. Your doctor may stick a needle into the cyst to take a sample of the fluid inside of it.

How is a ganglion cyst treated?

- Unless a cyst hurts, it does not need to be treated. If it does hurt it may be treated with use of ice and anti-inflammatories.
- The fluid can be removed with a needle but the cysts tend to fill up again with fluid.
- If the cyst is painful or unsightly, it can be surgically removed.