

What is it?

Ganglia are small cysts, they are also known as ganglion cysts. They look like small bumps and contain a thick jelly-like substance. The cysts are most often attached to a joint or tendon. They can appear on the back of the wrist and the top of the foot next to the small joints. They can also appear on the knee. Ganglia are common and usually harmless. It's not clear what causes them.

What will my GP do now?

Sometimes, the cysts will go away without treatment. But if they bother you or cause pain, you can talk to your GP about removing them. There are a few treatment options:

Aspiration: This is when the doctor removes the fluid with a fine needle and syringe

Steroid injection: This can reduce swelling and pain

Surgery: A specialist surgeon can cut out the cyst or cysts

Your GP may refer you to another doctor for aspiration. They may refer you to a surgeon to check if you need surgery. You should feel less pain after any of these treatments. Treatment is not a cure, and ganglia may come back after surgery or aspiration. Your GP may also request an X-ray or an ultrasound to help find the cause.

What will my GP do in the future?

Your GP may leave the cyst and wait to see if it goes away by itself. If your cyst does not go away or it hurts, you should return to your GP. They will treat your ganglia or refer you to a specialist. If your ganglia was aspirated or cut out, it will take two-to-eight weeks to fully heal. The time it takes to heal will depend on where the cyst is and what kind of treatment you had. Your GP will let you know if they want to see you again.

What questions could I ask my doctor?

☐ Which treatment is right for me?

☐ Will the cyst come back?

☐ Are there any risks?



What can I do?

Try not to hit or pierce your cyst, this may cause it to come back. You may need to wear a splint. Get the joint moving again after treatment. Your GP may give you special exercises to do.

What supports are available?

Your GP can refer you for an appointment in the private rooms of a specialist doctor who works in the Fairfield Hand Clinic. This clinic is open for all South Western Sydney LGAs (except Bankstown). Bankstown residents will be referred to a private specialist, who can then arrange surgery at Bankstown Hospital if necessary.

Where can I learn more?

- **Better Health Channel** - Ganglion cysts: betterhealth.vic.gov.au
- **Patient.info** - Ganglion: patient.info