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***Ganglion Cyst Removal (Wrist) Post Operative Rehabilitation Protocol**

Following Surgery:

- Expect a soft dressing and removable splint post operatively (this will be provided at your pre-op appointment in the clinic.)
- Early thumb and finger motion is encouraged.
- Elevate and ice for at least 3 days.
- Continue to elevate as often as possible until your next clinic visit. (Elevate above your heart.)
- Dressing may be removed after 2 days.
- Leave Tegederm in place. May shower as long as the Tegederm is in place.
- Take your pain medication as needed and as prescribed. Call if any problems or questions arise.

10-14 Days Post Op (at therapy):

- Tegederm will be removed, may discontinue splint use.
- Range of motion as tolerated, no heavy lifting activities for another 2 weeks.

6 Weeks Post Op:

- Follow up appointment in clinic M.D.
- Full release

**Please visit our website at www.akhanddoc.com for illustrations.*

Note: These instructions are to serve as guidelines and are subject to Physician discretion. Actual progress may be faster or slower depending on the individual.