

■ Ganglion Cyst ■

A ganglion cyst is a lump that develops on your child's hand or wrist or occasionally the foot. These cysts are usually harmless and often go away on their own. If the cyst becomes large or causes lasting pain, minor surgery can be done to remove it.

What is a ganglion cyst?

A ganglion cyst is a small pouch of tissue that forms in the wrist or hand and fills with joint fluid (synovial fluid). Ganglion cysts are most commonly found on the top of the wrist or back of the hand but may occur on the underside of the wrist or on the fingers. The cyst may get bigger when your child moves the joint.

What does it look like?

- A round, firm lump on the wrist or hand. The cyst may appear suddenly or gradually.
- The cyst may get bigger with exercise, smaller at rest.
- If it is large, the cyst may cause some pain or numbness or interfere with normal movement.

What causes ganglion cysts?

A small opening forms in the capsule surround the joint.

What are some possible complications of ganglion cysts?

Ganglion cysts are usually harmless. Occasionally, they may press on nerves, causing numbness or weakness.

What puts your child at risk of ganglion cysts?

- Ganglion cysts are more common in teens than in younger children.
- They are more common in girls than in boys.

How are ganglion cysts treated?

Ganglion cysts often go away on their own. Treatment may be recommended if the cyst is causing symptoms (such as pain or numbness) or is interfering with normal joint movement.

- Aspiration: a needle is placed to draw the fluid out of the cyst. This treatment can be repeated if the cyst comes back.
- Surgery: a minor surgical procedure can be performed to remove the cyst. Surgery is usually successful in eliminating the cyst completely and permanently.

When should I call your office?

Call our office if:

- Your child has a ganglion cyst causing symptoms such as pain or numbness or if the cyst interferes with normal joint movement.
- Your child has a ganglion cyst that comes back after treatment.