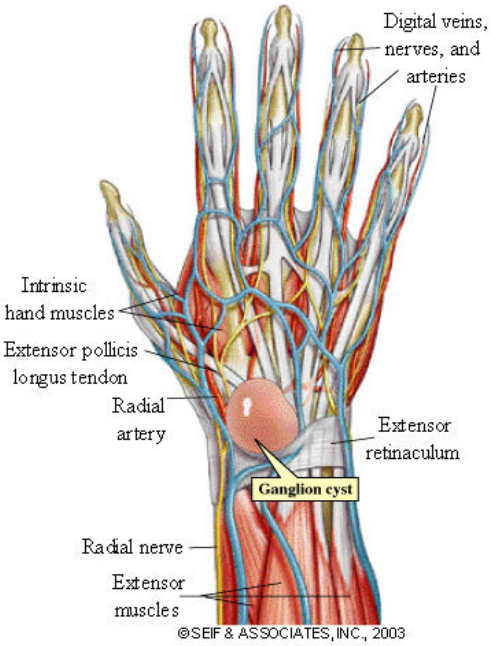
Ganglion

A ganglion is a swelling under the skin that is filled with a thick, jelly-like substance. It is a *synovial cyst.* This is caused by a break *(rupture*) of the joint lining from the joint space. A ganglion often occurs near an area of repeated minor *trauma* (damage caused by an accident). Trauma may also be a repetitive movement at work or in a sport.



TREATMENT

It often goes away without treatment. It may reappear later. Sometimes a ganglion may need to be surgically removed. Often they are drained and injected with a steroid. Sometimes they respond to:

- Rest.
- Occasionally splinting helps.

HOME CARE INSTRUCTIONS

- Your caregiver will decide the best way of treating your ganglion. Do not try to break the ganglion yourself by pressing on it, poking it with a needle, or hitting it with a heavy object.
- Use medications as directed.

SEEK MEDICAL CARE IF:

- The ganglion becomes larger or more painful.
- You have increased redness or swelling.
- You have weakness or numbness in your hand or wrist.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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