

# Ganglions

## Policy

Surgery for ganglions will only be funded in adults for the following indication:

- The ganglion is very painful and restricts work and hobbies.

For mucoid cysts, please refer to the policy on Benign Skin Lesions.

**Note: Patients who smoke should have attempted to stop smoking 8 to 12 weeks before referral to reduce the risk of surgery and the risk of post-surgery complications. Patients should be routinely offered referral to smoking cessation services to reduce these surgical risks.**

*These policies have been approved by the eight Clinical Commissioning Groups in North West London (NHS Brent CCG, NHS Central London CCG, Ealing CCG, NHS Hammersmith and Fulham CCG, NHS Harrow CCG, NHS Hillingdon CCG, NHS Hounslow CCG and NHS West London CCG).*

## Background

A ganglion is a benign, mucin-filled cyst that forms around joints or tendons. They normally occur around the hands, wrists and fingers. Most are symptom free, but occasionally they can give pain, weakness, mobility disorders or pressure neuropathy. Untreated approximately 50% resolve in adults, while up to 79% resolve spontaneously in children.

Recurrence rates after surgery vary, but can be up to 30-40%. Complications of surgical excision include scar sensitivity, joint stiffness and distal numbness. Side effects of surgery are pain and discolouring of the skin.

## References

### Patient information:

<http://www.nhs.uk/conditions/Excisionofganglion/Pages/Introduction.aspx>