

# Wrist Ganglion

## INFORMATION

This pathway refers to typical dorsal wrist ganglions

**\* Note EUR Guidelines on wrist ganglion referral**

Patient presenting with lump where there is associated pain which is deteriorating – Refer to secondary care to rule out other causes

Patient presenting with typical ganglion and are otherwise asymptomatic

Surgery is not indicated in these patients. >50% ganglions resolve spontaneously

Reassurance Only

**Refer to Secondary Care for Surgical Opinion – MUST BE WITHIN EUR GUIDANCE [i]**

Options for Secondary Care Clinician

- Exclude other diagnoses (Ultrasound scan or MR scan if required)
- If ganglion confirmed, these patients will be advised against surgery. There is a high recurrence rate and patient dissatisfaction rate following wrist ganglion excision.

**Referral should only be made IF**

- Patient understands that referral is likely to be for surgery
- Patient is fit to undergo surgery
- Patient understands that their operation will be carried out within 18 weeks and is able to commit to that timescale