



# CANADIAN PLASTIC SURGERY CENTRE

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## Cysts, Ganglion and Tumour Removal Post-Operative Exercises

### Post-operative care

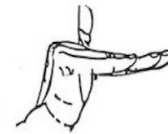
1. Remove bandages 48 hours after surgery.
2. Wash your hands with soap and water at least 3 times a day.
3. Apply a thin layer of Polysporin to incision site.
4. Monitor for signs of infection including: redness that spreads beyond the incision site, excessive swelling and pain or pus.

### Exercises before stitches are removed

Perform the following flexion exercises 3 times/day starting the day following surgery.

#### Position 1

Bring your fingers from an open/straight position to a duck position and then to a straight fist position.  
(Repeat this exercise 10x.)



Straight

Duck

Straight Fist



Straight

Hook

#### Position 2

Bring your fingers from an open/straight position to a hook fist position.  
(Repeat this exercise 10x.)

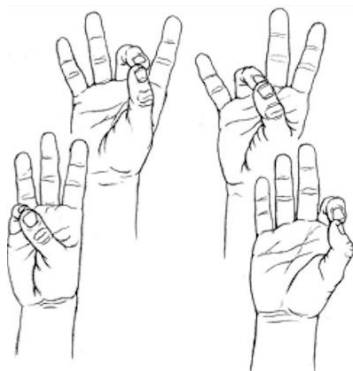
#### Position 3

Bring your fingers from an open/straight position to a full fist position.  
(Repeat this exercise 10x.)



Straight

Full Fist



#### Position 4

Touch each finger to the thumb and bring the tip of your thumb to the tip of your little finger and slide your thumb down the little finger to the palm. (Repeat this exercise 10x.)



### Exercises after stitches have been removed

Perform the following exercises in addition to the ones above 3 times/day. (Repeat each exercise 5x.)

1. Wrist stretch: Use your other hand to gently pull the affected hand back towards yourself.
2. Massage your scar area.