



# CANADIAN PLASTIC SURGERY CENTRE

## **Ganglion Excision Post-Op Instructions**

- If you experience pain after your procedure, please take some Acetaminophen (Tylenol) or Ibuprofen (Motrin/Advil) for pain control.
- After 48hrs, please wash your incisions with soap and water like normal. Unless told otherwise.
- Please DO NOT submerge your incisions in water. (E.g. swimming, tub bathing, washing dishes without gloves if incision is on hands).
- Keep your incisions dry and clean and expose to air after two days to help with healing. It is not necessary to cover your incisions unless you work in an environment with a lot of dirt and dust (i.e. in construction/workshops).
- You can apply a thin layer of polysporin to your incision area if you like, but it is not necessary.
- Your stitches are usually dissolvable but usually there are little knots that take very long to dissolve. Please book to see Dr. Chivers in 10-14 days for removal of your stitches. You will also receive your final pathology report with Dr. Chivers at that time.
- Please note a little bit of swelling over the incision is okay. However, please watch out for signs of infection such as redness that spreads beyond your incisions, the breaking open of your skin and/or pus that drains from your incision. If you have any of these signs, please call the minor surgery office to book an appointment to see Dr. Chivers as soon as possible.
- Please continue to use your hand/wrist/feet as soon as possible to prevent the development of scarring over joints and hypersensitivity.
- Feeling a small hard bump over the incision or surgical area after surgery is normal. This is a result of scar tissue development. After your stitches are removed, we recommend that you start massaging the area to help with the healing of your skin. Over time, the hardness should resolve. Massaging will also help with the sensitivity that develops with non-use. You should massage your hand 3-4 times a day.

*If you have any questions or non-emergent concerns, please call our office at: (416) 244-8377  
Monday-Friday 9am-6pm or email us at [info@canadiansurgery.com](mailto:info@canadiansurgery.com)*