

# Patient information

## **Ganglion Foot**

An injury to a ligament/joint capsule surrounding a joint can result in joint fluid escaping to collect just underneath the skin and this fluid being subject to high pressure. This results in the formation of a “balloon” or ganglion. These may result in local pressure as well as pain problems.

Surgery takes place under a local anaesthetic which means that you are free to eat and drink prior to surgery. The surgery itself takes approximately 30 minutes. The total time at the clinic including preparations is approximately one and a half hours. It is recommended that you do not drive your car home after surgery. The recommended sick leave period is approximately 3-4 weeks.

You should wash using **Hibiscrub** wipes (sold at your pharmacy) the day before the day of surgery and also the morning prior to surgery in order to reduce the risk of infection due to this procedure. Do not use cream or moisturizing creams on the foot after cleaning.

It is important that you let us know whether you have any symptoms such as infections, sore throat or fever prior to surgery.

**If your appointment is not suitable please ring us immediately on:  
042 – 24 27 72**

You are to keep your foot in an elevated position as much as possible for the first few days after surgery in order to minimise swelling, bleeding and thus slowing the healing process. The bandage is to remain in place for three weeks and the stitches will be removed upon your next appointment.

You may experience some pain during the first 24 hours after surgery and therefore a prescription for painkiller tablets has been sent by electronic post to your local pharmacy. These can be obtained at the pharmacy of your choice and should be obtained prior to surgery.

**Take the first tablets at least one hour prior to surgery.**

Continue to take these tablets after surgery according to the instructions included on your prescription. Additional information regarding your surgical procedure will be provided when you visit us.