

Your Journey with a Ganglion Cyst on Your Hand or Wrist



For more information scan this QR code or go to myhealth.alberta.ca/ganglion-cyst-pathway

Warning: Any new lump or bump on your body should be evaluated by a healthcare provider. This pathway resource is for those patients who have been diagnosed with a ganglion cyst on their hand or wrist.

A ganglion cyst is a type of soft tissue mass most commonly found on the hands and wrists, though they can also grow on other parts of the body, like your feet, ankles, knees, or shoulders. Ganglion cysts may appear suddenly, and they can be present for months to years. They are not cancerous. **Most ganglion cysts are painless, will go away on their own, and do not require treatment.**

You are the most important part of your healthcare team. This guide will help you to know what to expect as you work with your team to manage and treat a ganglion cyst on your hand or wrist. If you have any questions along the way, please ask your healthcare team.



Visit your healthcare provider

- Take note of changes in how your hands or wrists look.
- Share all your symptoms and concerns. Your health includes physical, emotional, spiritual, financial, and social elements.
- To better manage your health condition, your healthcare providers need to hear from you and understand who you are and what matters to you.
- Consider bringing a family member or friend to support you.
- Most ganglion cysts can be diagnosed through an exam by your healthcare provider. They will examine the hand or wrist changes you have identified.



Get your tests

- Your healthcare provider may ask you to go for an ultrasound or x-ray only if they can't easily tell the change is a ganglion cyst.



Review your test results

- If you do have an ultrasound or x-ray of your hand or wrist, you may find your test results on MyHealth Records or MyChart (myhealth.alberta.ca/myhealthrecords or ahs.ca/mychart), or ask your provider to print them for you.
- Talk with your healthcare provider so you know what your test and assessment results mean and how they will help your team and you decide what to do next.



Review your treatment and management options

- Most ganglion cysts will go away on their own without any treatment.
- If your ganglion cyst isn't painful and doesn't impact how you use your hands or wrists, your healthcare team may suggest that you keep monitoring the cyst and return to see them if there are any changes or if you are concerned.
- In specific cases, you may be referred to a specialist to have the fluid in the ganglion cyst drained (aspiration) or to be assessed for surgery.
- Decide with your healthcare provider what will work best for you.



Start your treatment and watch your symptoms

- Write down any changes you notice in your symptoms.



Keep taking care of yourself

- Keep taking care of your overall health.
- Look for other healthy lifestyle resources and supports.



Whole-person health

Important Tips:

Need to connect with a primary care clinic?

ahs.ca/findadoctor

Need a translator or interpreter? Let your healthcare provider know

Need health advice?
Call Health Link at 811

Need to find programs and resources in your community?

Call 211 or visit ab.211.ca



Primary Care
Alberta