



Intervention	<b>008. Ganglion Excision</b>
For the treatment of:	Ganglia
Commissioning position	This intervention is commissioned if the ganglion: <ul style="list-style-type: none"><li>• Causes symptoms that disrupt daily activities OR</li><li>• Causes recurrent discharge or infection, when sited below the nail base</li></ul> AND <ul style="list-style-type: none"><li>• Persists or recurs after aspiration/puncture.</li></ul>
Summary of Rationale	<p>A ganglion is a harmless fluid-filled lump under the skin that is usually near a joint. They commonly occur on the wrist, hand, ankle or feet. Rarely, the size and position of a ganglion can create symptoms by putting pressure on a nearby nerve. A form known as a seed ganglion can occur attached to the flexor tendon at the base of a finger on the same side as the palm. A ganglion below the base of a nail can deform the nail bed and occasionally cause intermittent discharge of mucous fluid or become infected. All ganglia can disappear without treatment.</p> <p>If a ganglion does not cause pain, tingling or numbness that disrupt normal activities (or recurrent discharge or infection in the case of those below the base of a nail), then it can be left alone and may resolve with no treatment, which can take several years.</p> <p>Aspiration (or puncture in the case of small seed ganglia) using a hypodermic needle should be performed first for ganglia causing more than mild symptoms.</p> <p>Excision can be considered if aspiration/puncture fails to relieve symptoms or there is recurrent discharge or infection in the case of those below the base of a nail.</p>
References	<a href="https://www.bssh.ac.uk/ganglion-cysts/">Ganglion cysts   The British Society for Surgery of the Hand (bssh.ac.uk)</a> <a href="https://www.nhs.uk/conditions/ganglion-cyst/">Ganglion cyst - NHS (www.nhs.uk)</a> <a href="https://www.aomrc.org.uk/ganglion-excision/">Ganglion excision - EBI (aomrc.org.uk)</a>
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