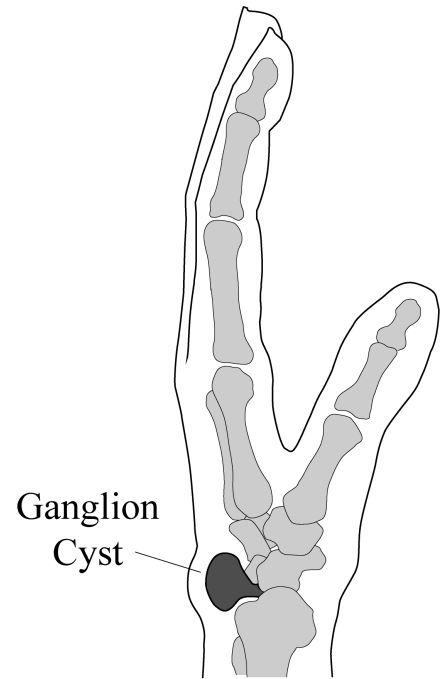


Ganglion Cysts in the Hand

A ganglion cyst is a lump that forms near joints or tendons. These cysts are filled with clear fluid and may cause pain. They are most often found on:

- The top of the wrist
- The palm side of the wrist
- The base of a finger on the palm side of the hand
- The top end joint of a finger

The cause of these cysts is not known. They may form because of joint or tendon irritation. Cysts can change size and may disappear on their own. They do not spread to other areas.



Treatment

Your doctor will do an exam and may order x-rays to see if there are other problems at the joint near the cyst. Often the doctor can tell it is a ganglion cyst based on where it is located and how it looks. They are often oval or round in shape and may be soft or very firm. Your doctor may shine a light on the lump since light will pass through the fluid in the cyst.

In many cases, no treatment is needed. If the cyst is painful or it limits activity, treatment may include using splints and medicine to control the pain. In some cases, a needle may be put into the cyst to pull fluid out making the cyst smaller. This is called aspiration. Another treatment option is surgery to remove the cyst.

Your doctor will talk to you about which treatment options may be best for you.

Learn more about your health care.