



# ALASKA NATIVE MEDICAL CENTER



## WRIST-GANGLION

### Diagnostic

#### Treatment Recommendations:

- The most effective nonsurgical treatment is patient reassurance. An Explanation of the condition and assurance of its nonmalignant nature is often the only treatment sought or required.

#### Patient Handouts:

- Ganglions
- Hand Fact Sheets, Booklets and Brochures

#### Referral Guidelines:

- Refer PAINFUL hand and wrist ganglions in patients willing to accept the considerable risks of surgery (recurrence, Infection, nerve damage with neuroma formation, arterial injury, scarring, etc.)
- Refer foot and ankle ganglions if painful & large.
- For ganglions in other locations, use body part specific referral forms for orthopedics
- Obtain Radiographs before referral