

## Patient Information

**Orthopaedic Department**  
**Mucous Cyst****Why does it occur?**

A Mucous cyst is a fluid filled sac that occurs at the end finger joint (DIP joint). They are caused by a small extra growth of bone around the joint called an osteophyte that occurs as a result of arthritis. The cyst and bone can create pressure on the nail bed to cause uneven nail growth.

**Symptoms**

A small cyst or swelling develops on the back or side of the joint. The joint may be stiff and tender. The overlying skin may become thin and even breakdown. It is often painful and unsightly.

**Treatment****Non-operative treatment**

If it does not cause a problem it is recommended to leave it alone.

**Surgery**

If it is causing problems it may be possible to consider surgery. The surgery is a day case procedure usually under local anaesthetic. Local anaesthetic is injected at the



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base of the finger. Once numb the skin is cut and the cyst removed. If a small extra bony area (osteophyte) is seen, your surgeon may remove it. The skin is stitched and a bulky dressing is applied. Stitches will remain in for 10 – 12 days and these are usually removed at your GP practice.

Keep your hand raised as much as possible for the first five days to prevent the hand and fingers swelling. Gently bend and straighten the fingers from day one.

**Please note: Before you come into hospital for your surgery please make sure that you have removed all jewellery, especially rings on the arm/ hand that is to be operated on. Also please take off any nail varnish, gel or false nails**

## What are the possible complications?

A small number of patients may experience the following:

- Delayed wound healing
- Stiffness
- Altered sensation
- Swelling
- Pain
- Infection

## How long will I be off work?

You can expect to return to work within two weeks for a non manual job and four weeks for a manual job.

## When can I drive?

You may find driving difficult during the first two weeks after the operation. Before attempting to drive you should be able to make a complete fist and grip a hard surface without pain (e.g. grip the back of a dining chair).

Further information sheets will be available to you when you leave the hospital, please ask staff for a copy of 'Post-Operative Hand and Arm instructions'.

If you experience any problems please contact your GP or the Day Surgery Unit.

For further information on your procedure please contact the Day Surgery Unit on 024 7696 6861 or 024 7696 6868

For further information please visit our hand service web site

<http://tinyurl.com/uhcwhand>

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6861 and we will do our best to meet your needs.

# Patient Information

The Trust operates a smoke free policy

## Document History

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