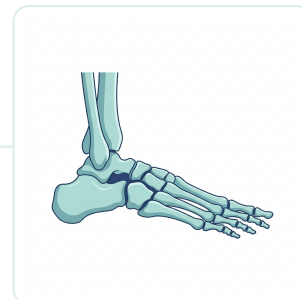


PATIENT EDUCATION · SOFT TISSUE & BIOPSY PROCEDURES

Ganglion Cyst Removal

Ganglion cysts are fluid-filled, cyst-like masses that can cause pain, pressure, or shoe irritation. When symptomatic, select cysts may be treated or removed for eligible patients.

At a Glance



For educational illustration only.

Focus area	Soft Tissue & Biopsy Procedures
Goal of care	Ganglion cysts are fluid-filled, cyst-like masses that can cause pain, pressure, or shoe irritation.
Where it's provided	In our office or a surgical center, based on your evaluation and what is clinically appropriate.
Your next step	A consultation with Dr. Stephen Wigley IV to review your symptoms and options.

Who May Benefit

- Patients with a painful cyst-like mass
- Those with pressure or shoe irritation from a cyst
- Eligible patients identified during evaluation

How We Evaluate

- Examination of the mass
- Imaging when needed
- Pathology coordination when appropriate

When to Seek Care

- A bump that is painful, growing, or changing
- Pressure or irritation over a cyst
- A mass that limits footwear or activity

Treatment Options

- Monitoring when appropriate
- Aspiration or removal for select cysts
- Referral when appropriate

What to Expect

1

A plan based on your symptoms and the cyst

2

Guidance on recovery

3

Follow-up with the care team

Your Surgery Journey — Before, During & After

BEFORE SURGERY

- Complete any requested labs, imaging, or medical clearance
- Review your medications with us — some may need to be paused
- Follow eating/drinking instructions if anesthesia is planned
- Arrange a ride home and loose, comfortable clothing
- Wash the foot the night before; remove nail polish if asked

DURING SURGERY

- Local anesthesia numbs the area for most office-based procedures
- You may feel pressure or movement, but should not feel sharp pain
- Most procedures take roughly 30–90 minutes
- Our team monitors your comfort throughout

AFTER SURGERY

- A sterile dressing protects the surgical site
- You may receive a surgical shoe or boot for walking
- Mild soreness is normal as numbness wears off
- Written instructions and follow-up scheduling before you leave

Dr. Wigley's Post-Op Instructions

1. Keep the dressing clean, dry, and in place until we remove or change it — no peeking.
2. Elevate the foot above heart level as much as possible for the first 48–72 hours.
3. Apply ice as directed (about 20 minutes on, 20 off) over the dressing — never directly on skin.
4. Take medication exactly as prescribed; stay ahead of pain rather than chasing it.
5. Follow your weight-bearing instructions and wear the surgical shoe/boot whenever walking.
6. No soaking, baths, swimming, or getting the site wet until cleared at follow-up.
7. Call the office right away for: fever over 101°F, spreading redness, foul drainage, bleeding through the dressing, severe pain not relieved by medication, or new calf pain/swelling.
8. Keep every follow-up appointment — healing is monitored at each visit.

Important: These are general guidelines. Always follow the personalized instructions given to you at your visit — they take priority over this handout. Questions after surgery? Call (305) 895-9528.

Common Questions

Can a cyst come back?

Cysts can sometimes recur. We do not guarantee outcomes; your care team will review your individual situation.

Sources & Further Reading

• American College of Foot & Ankle Surgeons — FootHealthFacts.org

• MedlinePlus, U.S. National Library of Medicine — medlineplus.gov

Questions? Call Wigley Feet at (305) 895-9528 to schedule an evaluation. New patients can also request an appointment at www.wigleyfeet.com.