
Hand and Upper Extremity Clinic

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Mucous Cyst Excision Surgery **Post Surgery Information and Care**

After a mucous cyst excision, keep the surgical dressing clean and dry for 2-3 days, then follow your doctor's instructions for cleaning and redressing the wound. Elevate your hand to reduce swelling, and gently move your fingers and hand as directed to prevent stiffness. Be cautious with activities like driving and avoid submerging the wound in water until your follow-up appointment and your doctor advises otherwise.

Initial care (first 2-3 days)

- **Keep the dressing clean and dry:** Do not remove the initial dressing unless instructed, but keep it protected with a plastic bag when showering.
- **Elevate your hand:** Keep your hand elevated above your heart to minimize swelling and throbbing.
- **Use ice:** Apply ice packs wrapped in a towel to the area for the first 2-3 days to help with swelling and pain.
- **Pain management:** Over-the-counter pain relievers are usually sufficient, but take them as directed by your doctor.
- **Avoid certain medications:** For the first few days, avoid aspirin-containing products or anti-inflammatory medications that can increase bleeding risk.

After 2-3 days

- **Remove dressing:** After 2-3 days, you can remove the bulky dressing as instructed by your doctor. You may be told to wash the area gently with soap and water, and then apply a band-aid or smaller dressing.
- **Continue gentle movement:** Start performing gentle exercises and stretches for your hand and finger to maintain mobility and prevent stiffness.

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- **Keep the wound clean and dry:** Continue to keep the incision clean. Avoid submerging it in baths, pools, or hot tubs until your doctor gives you permission and sutures are removed.
- **Follow-up:** Keep all scheduled follow-up appointments. These are important for removing sutures, discussing pathology results, and learning scar massage techniques.

Activity and recovery

- **Limit hand use:** For the first two weeks, avoid lifting objects heavier than one to two pounds and avoid strenuous activities with that hand.
- **Driving:** You may be able to drive after 2-3 days, but only when you feel comfortable and have full control and strength in your hand.
- **Return to work:** The time it takes to return to work depends on your job type and will be determined with your surgeon.