

GANGLION CYST EXCISION

- 0-2 weeks
 - Post-op dressings, removed at 7 days
 - Patient begins independent finger range of motion

- 2 weeks post-op
 - First follow-up visit with M.D.
 - Sutures removed
 - Begin wrist range of motion
 - Begin scar management
 - Patient education
 - Stages of wound healing

- 3 – 6 weeks post-op
 - Continue wrist range of motion, as needed
 - Continue scar management
 - Patient may require limited therapy visits, if range of motion is progressing well