



# Recurrence of Ganglion Cysts Following Re-excision

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## INTRODUCTION

Previous studies have examined the recurrence of ganglion cysts after surgical excision at a rate of 4 to 40%.<sup>1,2</sup> However, recurrence after revision surgical excision is unknown. The purpose of this study was to define the incidence of recurrent ganglion cysts in patients who underwent a 2<sup>nd</sup> excisional procedure.

## METHODS

We retrospectively identified by Current Procedural Terminology (CPT) code and reviewed charts of patients who had recurrent ganglion cyst excision. Recurrence was defined as reappearance of a cyst in the same area as prior. Patients were interviewed via phone or an emailed survey. Demographics, recurrence, 3<sup>rd</sup> revision surgery, and other variables were collected along with outcome variables such as patient satisfaction, pain levels, and functional limitations.

## FIGURES

	N	%
<b>Gender</b>		
Male	9	60
Female	6	40
<b>TOTAL</b>	<b>15</b>	
<b>Age</b>		
<18	-	-
18-29	1	6.7
30-44	6	40.0
45-59	2	13.3
>60	6	40.0
<b>Dominant Hand</b>		
Left	-	-
Right	15	100
<b>Wrist of Ganglion Cyst</b>		
Left	8	53.5
Right	7	46.7
<b>Location of Ganglion Cyst</b>		
Volar	6	40
Dorsal	9	60

**Table 1.** Demographics and Clinical Characteristics of Patients

	After 1 <sup>st</sup> Excision N=15	After 2 <sup>nd</sup> Excision N= 2
<b>Procedure Technique, n (%)</b>		
Open	14 (93.3)	1 (50)
Endoscopic	1 (6.7)	-
<b>Time to Recurrence, months</b>		
<12	6	1
12-60	4	1
>60	5	-
Mean	39.4	10.5

**Table 2.** Time to Recurrence

## RESULTS

- Fifteen out of 44 patients were reached. Time to recurrence of the cyst after the 1<sup>st</sup> ganglion cyst excision ranged from 1 month to 13 years.
- After the 2<sup>nd</sup> excision, 13% (2 patients, both volar) had a recurrence at 9 and 12 months.
- One of the two patients underwent a 3<sup>rd</sup> excision successfully after reporting difficulty with day to day activities. Patients without a 2<sup>nd</sup> recurrence (n=13) reported an average pain score of 0.2 ranging from 0-2 on a scale of 1-10. Two (15%) reported some difficulty with day to day activities due to the scar and six patients (40%) reported transient numbness or tingling. Patients reported an average satisfaction of 9.5 on a scale of 1-10. Lastly, all patients would undergo another ganglion cyst excision should they have another recurrence.

## CONCLUSION

- Patients should be advised about the risk of recurrence after re-excision of ganglion cysts.
- Even though the incidence is similar to the recurrence of primarily excised cysts, all patients would undergo the procedure again if the cyst recurred.

**References:** <sup>1</sup>Suen M, Fung B, Lung CP. Treatment of ganglion cysts. ISRN Orthop. 2013;2013:940615.  
<sup>2</sup>Nield DV, Evans DM. Aspiration of ganglia. J Hand Surg Br. 1986;11(2):264.