

WHAT TO EXPECT AFTER CYST OR MASS EXCISION

Dr. Erik Dorf

Cyst or mass removal is common to my practice and I have found the results to be reliable. Keep in mind that every person responds differently to surgery and treatment. Your recovery may vary from the below outline. Typical factors which influence the recovery process include:

- Your age and health.
- The severity of your nature of your cyst
- The length of time you have had your cyst
- Your compliance with prescribed treatment and therapy



1. ***SURGERY DAY:*** You will be placed in a short splint, covered by an ace wrap. Your elbow and fingers will move freely. Do not remove the splint or get it wet. We will remove it at your two week appointment.
2. ***FIRST 48 HOURS AFTER SURGERY:*** You should **elevate your hand and wiggle your fingers** as much as possible. Ice can be used to reduce inflammation. You will be provided with pain medication. You may use ibuprofen to help with pain if you tolerate it.
3. ***FIRST TWO WEEKS:*** After surgery you should use your hand as tolerated, in moderation for normal activities. **No heavy lifting.**
4. ***AT YOUR TWO WEEK POST OP OFFICE VISIT:*** Depending upon the location of your surgery, you may be placed into a splint at this time. You are encouraged to use your hand as much as possible. No heavy lifting.
5. ***FOUR WEEKS AFTER SURGERY:*** We will start therapy at this time if needed. Approximately ½ of my patients will require therapy after cyst or mass removal.
6. ***EIGHT WEEKS AFTER SURGERY:*** If needed, we will see you back in our clinic to monitor your progress at eight to ten weeks after your surgery.
7. ***HOW LONG TO GET BETTER?*** Most people are **mostly** better by 3 months after their surgery. You can typically return to most of your normal activities at this time.
8. ***HOW LONG FOR FULL RECOVERY?*** It usually takes people **six months to a year** before they can expect full improvement after having a cyst or mass removed, and you will likely continue to improve for up to two years.

Should you have any questions, please call any of our offices at the following numbers:

Edwards (970) 569-3240

Frisco (970) 668-3633

Vail (970) 476-7220