



GOLDEN STATE ORTHOPEDICS & SPINE

THE BENEFITS OF SURGICAL EXCISION FOR GANGLION CYSTS IN THE FOOT OR ANKLE

Introduction:

Ganglion cysts are benign fluid-filled sacs commonly found in the foot or ankle, often causing pain, discomfort, and functional limitations. While conservative management options such as observation, aspiration, or immobilization can be effective in some cases, surgical excision remains a reliable and beneficial treatment approach for ganglion cysts in the foot or ankle. This paper explores the advantages of surgical excision in terms of symptom relief, prevention of recurrence, and restoration of normal foot and ankle function.

Symptom Relief:

One of the primary benefits of surgical excision for ganglion cysts is the effective and long-lasting relief of symptoms. Ganglion cysts can cause pain, tenderness, swelling, and difficulty in wearing shoes or performing daily activities. Surgical removal eliminates the cyst and the associated pressure on adjacent nerves, tendons, and joints, providing immediate relief from pain and discomfort. By addressing the root cause, surgery can alleviate symptoms more effectively compared to conservative approaches, leading to improved patient satisfaction and quality of life.

Prevention of Recurrence:

Surgical excision of ganglion cysts offers the advantage of preventing recurrence. Ganglion cysts have a tendency to recur after non-surgical treatments, with reported recurrence rates ranging from 12% to 41%. Surgical excision involves complete removal of the cyst, including its pseudopodial extensions and stalk, minimizing the likelihood of recurrence. Additionally, during the surgery, the surgeon can identify and address any underlying joint or tendon pathology, further reducing the chances of a new cyst developing in the future. By eliminating the cyst and its potential for recurrence, surgical excision offers a more definitive and lasting solution.

Restoration of Normal Foot and Ankle Function:

Ganglion cysts in the foot or ankle can restrict joint motion, hinder walking, and limit participation in physical activities. Surgical excision plays a crucial role in restoring normal foot and ankle function by removing the cyst's physical barrier. By freeing the affected joint or tendon from the cyst's compressive effects, surgery allows for improved range of motion, enhanced joint stability, and reduced pain during movement. Patients who undergo surgical excision often experience a significant improvement in mobility, allowing them to resume their daily activities and sports without limitations.

Conclusion:

Surgical excision of ganglion cysts in the foot or ankle offers numerous benefits, including immediate and long-lasting symptom relief, prevention of recurrence, and restoration of normal foot and ankle function. While non-surgical treatments may provide temporary relief, they often fail to address the underlying cause of the cyst. Surgical excision, on the other hand, provides a more definitive solution by completely removing the cyst and its associated symptoms. Patients who opt for surgery can expect improved pain relief, reduced risk of recurrence, and enhanced functional outcomes, ultimately leading to an improved quality of life.