

**MIKE FOSTER**  
**Hand Wrist and Elbow Surgeon**

**Mucous Cyst**

**Problem**

- Swelling on the dorsal aspect of the finger over the DIP joint

**Cause**

- Usually there is a degree of osteoarthritis in the end joint of the finger. A cyst forms between the extensor tendon and the collateral ligament, causing a soft tissue swelling, which can be felt and usually seen over the back of the digit.

**Diagnosis**

- The location and appearance of the swelling is usually diagnostic
- X-rays can be performed showing a degenerative joint.
- The cyst sometimes causes a pressure groove on the nail plate, causing a nail deformity.
- Occasionally an MRI scan or ultrasound will confirm the diagnosis.

**Treatment**

- Occasionally the cysts will rupture and heal by themselves, not requiring treatment
- Surgical Treatment – either general or regional anaesthetic
- The skin is opened up through an 'H' or 'T' type incision on the back of the finger. The cyst is debrided from the degenerative DIP joint. Bony spurs are nibbled

**Potential Complications**

- Infection, wound breakdown, recurrence of cyst

**Post Op Care**

- Wound check at ten days
- Hand therapy if required