

MIKE FOSTER
Hand Wrist and Elbow Surgeon
Soft Tissue Lump in the Hand

Problem

- A discrete swelling is felt or seen in the hand.

Cause

- There are many causes for soft tissue lumps in the hand
- Fluid filled cysts are the most common followed by benign firm lumps

Diagnosis

- The location and appearance of the swelling is usually diagnostic
- X-rays can be performed looking for degenerative joints or bony masses.
- Occasionally an MRI scan or ultrasound will confirm the diagnosis.

Treatment

- Solid lumps should all be removed.
- Occasionally cysts will rupture and heal by themselves, not requiring treatment
- Surgical Treatment – either general or regional anaesthetic
- The lump is shelled out protecting the surrounding structures.

Potential Complications

- Infection, haematoma, wound breakdown
- Stiffness
- Recurrence of the cyst/lump

Post Op Care

- The patient is usually in a protective dressing post operatively
- Occasionally a splint is used to protect the tendons
- Specialist review at ten days for wound inspection and stitch removal and at six weeks for clinical review and three months.