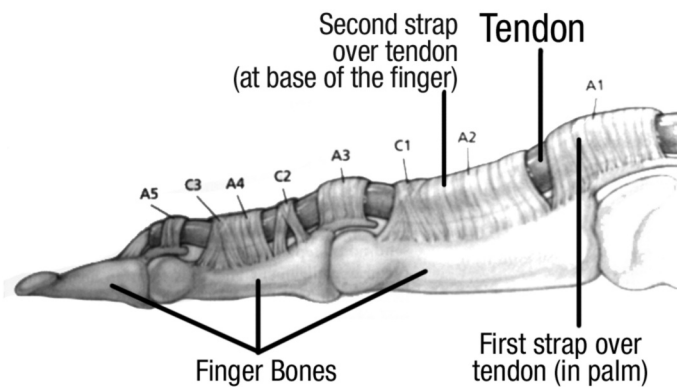




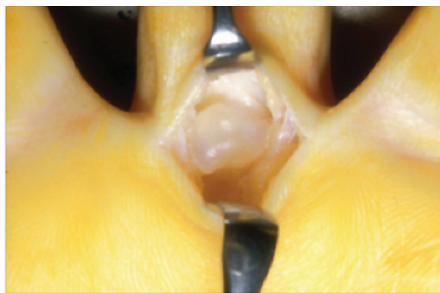
CONDITION

# What are Seed ganglia?

*These are swellings that appear at the base of the finger on the palmar side, often in young adults.*



*A side view of a finger to show the tendons and straps*



*Palm side of the middle finger opened to show a seed ganglion prior to removal*

## What is a ganglion?

A ganglion is a bag filled with gel with a narrow base connected to a joint or tendon. In the case of seed ganglia the base is connected to the first or second strap over the tendons in the finger (see pictures).

## Why do they appear?

No one really knows why these swellings appear in some people and not others.

## What problems do seed ganglia cause?

These swellings can be a nuisance. They feel rather like a pea at the bottom of the finger and they are uncomfortable with gripping activities.

## Are other investigations required?

Not usually but if there is any doubt regarding the swelling an ultrasound scan might be ordered.

## What treatment is available for seed ganglia?

As with ganglions elsewhere these cysts can be reabsorbed by the body and spontaneously resolve over time.

It is often possible to puncture the cyst in the clinic with a clean needle. In about 50% of cases this will allow the gel contents to disperse. Some care is required as the cysts are close to the small nerves supplying the finger.

For persistent cysts surgical excision can be considered. A local anaesthetic is usually all that is required. There is a small chance of the cyst returning, even with surgery. Your specialist can discuss this more fully with you.