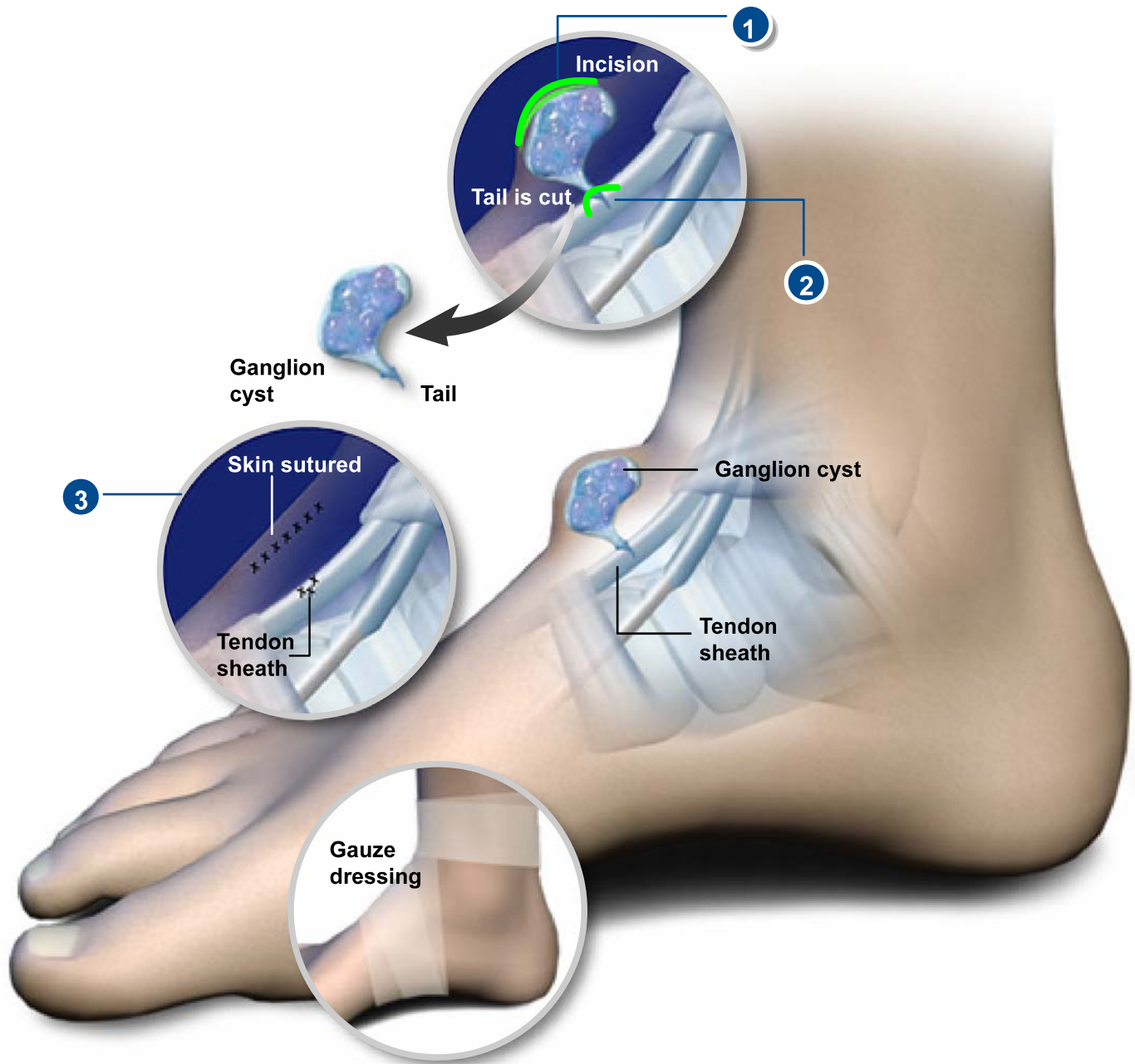


**EXCISION OF SOFT TISSUE MASSES**



**Overview**

The most common soft tissue mass found on the foot is a ganglion cyst. It is a fluid-filled sack on the membrane of a joint or tendon — usually around the ankle. The best way to eliminate a cyst and prevent it from recurring is to surgically remove it. This procedure is performed on an outpatient basis.

**1. Cyst Accessed**

The affected area of the foot is anesthetized, and an incision is made directly over the cyst.

**2. Tail is Cut**

Ganglions have a tail that attaches to the joint capsule or tendon sheath. The tail of the cyst is cut at its origin.

**3. End of Procedure**

The mass is removed, and the surrounding joint capsule or tendon sheath is sutured together. The incision made in the skin is closed with stitches and a gauze dressing is applied.

**Recovery**

Procedures and recovery time may vary depending on the location and size of the mass. If the cyst was near the ankle, it may be necessary to temporarily immobilize the joint with a splint or cast. Crutches may be required for several days or weeks. Stitches are removed 10-14 days after the procedure.