

MEETING PATIENT'S EXPECTATIONS - A CASE REPORT

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Introduction: Giant cell tumours of tendon sheath (GCTTS) are benign, slow growing tumours that are usually localized. They are the second commonest tumour of the hand after ganglion cysts.¹ It is usually found in 30-50 year olds, especially females. Most present with a progressive mass over the palmar surface of the radial three digits that is exacerbated with movement.

Discussion: This is the case of a 48 year old lady, no co-morbid, presenting to us with a year history of multinodular swellings over the dorsum of her right middle finger, progressively increasing in size. It was causing her aesthetic discomfort and thus underwent excision biopsy. Prior to surgery, great care was taken to explain the potential risks involved in such a surgery, for example bleeding and infection, but in particular the possibility of scarring with subsequent limitation of finger motion. A relatively large midline incision was made, and multiple yellowish nodules, firm in consistency was noted. 6 nodules were removed. The swellings were well circumscribed and not attached to the periosteum. HPE confirmed the diagnosis of GCTTS. Postoperatively patient achieved full functional recovery with minimal scarring and was satisfied with the result.

Conclusion: Whilst relatively uncommon, making it hard to diagnose, GCTTS should still always be part of the differential in a patient presenting with a hand swelling. But histology aside, the patient must still be treated holistically and be made to understand the aims and objective of surgery, at the same time understanding the potential risks of it, in this case scarring and possible limitation of motion of the finger.