

RECURRENT DIGITAL MUCOUS CYST IN AN ADOLESCENT TREATED WITH EXCISION AND BILOBED FLAP

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Introduction: Digital mucous cysts (DMC) are benign synovial lesions typically found on the dorsum of the digits over the distal interphalangeal joints or over the proximal nail folds. They are more commonly occurring on the hands, although they have also been noted on the toes. We present a case of digital mucous cyst in a 13-year-old girl which recurred one month after primary excision, and how we covered the defect using a local bilobed flap.

Discussion: A 13-year-old girl presented with three months history of swelling over the dorsal aspect of the left thumb. She had the same swelling four months prior to the current presentation, which was excised. However, one month after the excision, the patient noticed recurrence of the swelling at the same location and was referred to our centre, in which we carried out re-excision and employed a bilobed-flap for defect coverage. Upon review at one month post surgery, there was no recurrence, the flap had healed well with good range of motion of the thumb interphalangeal joint.

Conclusion: Excision and coverage with bilobed flap is a reliable method of treatment for Digital Mucous Cyst. We believe that this flap technique is easy to learn and is a useful method to be added into a hand surgeon's armamentarium as an option for wound coverage.