

## “What is this liquid-filled bump?”

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A 49-year-old female presents with a cystic lesion at her distal interphalangeal joint. She also has a history of mild osteoarthritis.

### What is your diagnosis?

A digital mucous or myxoid cyst is a benign ganglion cyst that arises from degeneration of connective tissue at the distal interphalangeal joint. The cyst has a smooth, shiny surface and is found at the base of the nail, which can often result in a nail depression (“groove sign”). Jelly-like, sticky fluid sometimes tinged with a little blood can be easily expressed.

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These cysts are typically asymptomatic and so therapy is mainly for cosmesis. Various treatments can be tried, but recurrence is common. Repeatedly pressing firmly on the cyst or squeezing out its contents (after making a hole with a sterile needle) is a form of “scarring therapy.”



Figure 1. A cystic lesion at distal interphalangeal joint.

Other treatment options that can be employed are:

- cryotherapy,
- steroid injection and
- surgical excision.

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