

## Guidelines for invasive procedure aftercare

### *Carpal tunnel release surgery*

Stay in the hospital	Day surgery
Initial follow-up visit	On the 7th day
First shower	On the 2nd day
Avoid physically hard work	1-3 months
The sutures will be removed	On the 7th day
May go to sauna	After 2 weeks
Outcome can be evaluated	After 3 months
Protect skin from UV radiation	1 year