

Study: Unilateral Laminotomy Decreases Operative Times, Blood Loss

Written by Laura Miller |

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While both unilateral and bilateral laminotomies provide sufficient decompression of spinal stenosis and pain relief, the unilateral laminotomy can be performed with shorter operative times and less blood loss, according to a study published in *Spine*.



Researchers examined 53 patients who received surgery for L4-L5 spinal stenosis. The average age of the patient was 62.4 years, and the mean follow-up period was 49.3 months. The clinical outcomes and complications were similar in both groups.

Intraoperative blood loss and operative time were less in the unilateral laminotomy group. Radiographically, the amount of increased translational motion was increased in the bilateral group. The amount of increased angular motion was not significantly different between the two groups.

Postoperative radiographic instability was more common in the bilateral laminotomy group but without statistical significance.

Read the abstract for "[A Comparison of Unilateral and Bilateral Laminotomies for Decompression of L4-L5 Spinal Stenosis.](#)"

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