

# Post-op urinary retention common after spinal stenosis Sx

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(HealthDay)—Postoperative urinary retention (POUR) is a common

morbidity after surgery for degenerative lumbar spinal stenosis, according to research published in the April issue of *The Spine Journal*.

Sungjoon Lee, M.D., from the Inje University Haeundae Paik Hospital in South Korea, and colleagues reviewed the cases of 284 consecutive patients (male, 125; mean age, 63.3 years) who underwent [spinal surgery](#) for degenerative [lumbar spinal stenosis](#). All patients were monitored for POUR using a systematic postoperative voiding care protocol.

The incidence of POUR was 27.1 percent. The researchers found that significant risk factors included older age (odds ratio, 1.062; 95 percent confidence interval, 1.029 to 1.095) and a long duration of [surgery](#) (odds ratio, 1.003; 95 percent confidence interval, 1.001 to 1.005). The probability of POUR was determined using a formula, and a probability of  $\geq 0.26$  was established as the cut-off value (sensitivity, 0.75; specificity, 0.57).

"We recommend adopting a systematic postoperative voiding care protocol to prevent bladder overdistension and detrusor damage, especially for elderly patients and those who have undergone longer surgeries," the authors write.

**More information:** [Abstract](#)

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