Enhanced Recovery After Surgery Pathway for Single-Level Minimally Invasive Transforaminal Lumbar Interbody Fusion Decreases Length of Stay and Opioid Consumption

**Study Population**
ERAS pathway implemented in patients undergoing Single Level-MIS TLIF

- Historical Cohort
- Prospective Cohort

**Primary Outcome**
Length of Stay

3.1 vs 3.7 Days

*P < .05

**Secondary Outcomes**

- Delirium
- Urinary Retention
- Opioid Use
- Pain Scores

**ERAS LOS**

- <3 Days vs >3 Days

**Predictor of Discharge**

- <3 days Age and POD2 opioid utilization

**Conclusion**

An ERAS pathway can decrease length of stay, urinary retention and opioid utilization without sacrificing pain scores in patients undergoing single-level MIS TLIF

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