

Table S1 The search strategy summary

Items	Specification
Date of search	December, 2022
Databases and other sources searched	PubMed, Embase, Citations of Included Studies, Citations of Included Studies, Citations of Identified Reviews and Guidelines
Search Terms Used	ERAS, Enhanced Recovery, Improved Recovery, Opioid Sparing, Surgery, Procedure, Breast Reconstruction, Breast Implant, Mastectomy
Timeframe	Through December 2022
Inclusion criteria	Primary Clinical Research, Focused on Enhanced Recovery or Improved Peri-Operative Outcomes, Focused on Breast Reconstruction, Includes Discussion of Protocol Elements
Exclusion criteria	Full Text Not in English, No Clinical Outcomes, Solely Comparing Individual Facets of a Protocol.
Selection process	Selection Following Preferred Reporting Items for Systematic Reviews and Meta-Analysis Guidelines. Independent Blinded Review with Screening by Agreement and Collaborative Discussion of Disagreements
Additional considerations	Ten Studies Not Meeting Initial Criteria were Additionally Included at The Authors' Discretion