

**Supplementary Table 3.** Radiological comparison of lateral recess decompressions on the ipsilateral and contralateral sides of the operation area

Variable	UBELD		p-value	MEL		p-value	PELD		p-value
	Ipsilateral	Contralateral		Ipsilateral	Contralateral		Ipsilateral	Contralateral	
<b>SAD</b>									
Preop.	2.47 ± 0.59	2.53 ± 0.70	0.577	2.37 ± 0.99	2.24 ± 0.74	0.366	2.58 ± 1.14	2.46 ± 0.86	0.534
Postop. 12th month	3.64 ± 1.03	4.04 ± 1.19 <sup>†</sup>	0.024*	4.19 ± 1.02	4.05 ± 1.01	0.405	3.07 ± 1.06 <sup>†</sup>	2.59 ± 0.81	0.005*
<b>LR Angle</b>									
Preop.	18.71 ± 6.56	18.53 ± 5.44	0.850	17.51 ± 7.82	17.74 ± 7.69	0.861	18.89 ± 6.46	19.94 ± 7.11	0.391
Postop. 1st day	46.03 ± 9.55	56.78 ± 8.92 <sup>†</sup>	<0.001*	42.22 ± 10.87	44.26 ± 10.26	0.247	29.53 ± 6.27 <sup>†</sup>	24.81 ± 5.49	<0.001*
Postop. 12th month	36.28 ± 8.83	46.81 ± 7.39 <sup>†</sup>	<0.001*	38.87 ± 10.76	40.82 ± 10.48	0.269	21.77 ± 4.34	21.16 ± 4.77	0.463
<b>LR Height</b>									
Preop.	1.75 ± 0.58	1.72 ± 0.56	0.591	1.99 ± 0.88	1.96 ± 0.81	0.876	2.13 ± 0.91	1.92 ± 0.80	0.186
Postop. 1st day	4.13 ± 1.09	5.23 ± 1.06 <sup>†</sup>	<0.001*	4.33 ± 0.92	4.55 ± 1.12	0.200	2.88 ± 0.57 <sup>†</sup>	2.61 ± 0.55	0.007*
Postop. 12th month	3.36 ± 0.86	4.38 ± 0.75 <sup>†</sup>	<0.001*	4.00 ± 0.89	4.20 ± 1.08	0.216	2.39 ± 0.46 <sup>†</sup>	2.20 ± 0.48	0.029*

Values are presented as mean ± standard deviation.

UBELD, unilateral biportal endoscopic lumbar decompression; MEL, microendoscopic laminotomy; PELD, percutaneous endoscopic lumbar decompression; Preop., preoperative; Postop., postoperative; SAD, superior articular distance; LR, lateral recess.

Independent samples t-test was used to assess the potential differences between groups.

\*p < 0.05, statistically significant differences. <sup>†</sup>Values indicating significantly higher lateral decompression.