

Fig. S1. Examples of hydrogel indexing.

Representative drawings of intact (index = 3) (A), partially degraded (index = 2) (B) and completely degraded (index = 1) (C) hydrogels, observed by eye during staining procedure. Created with BioRender.com.

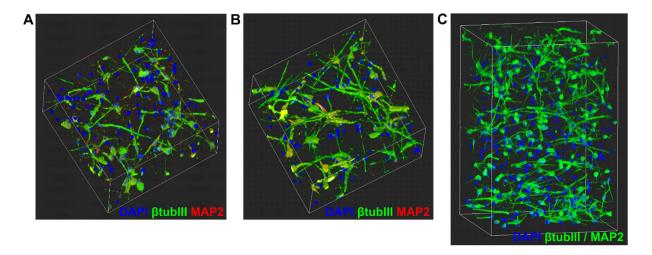
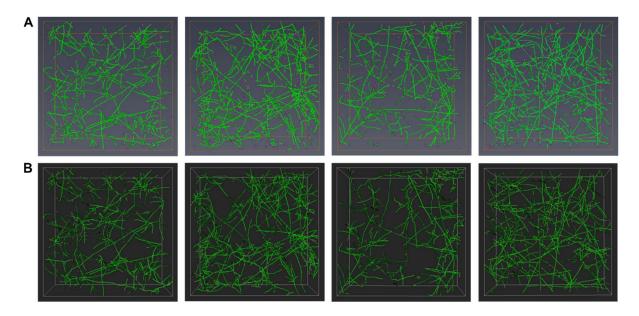


Fig. S2. ICC staining protocol optimization.

Representative image of the original (A) and optimized (B) staining protocols. Bounding box = 255 x 255 x 200  $\mu$ m. (C) A 3D sample in its full thickness. Bounding box = 340  $\mu$ m x 340  $\mu$ m x 500  $\mu$ m. Images were taken with a Zeiss LSM 780 LSCM confocal microscope system.



**Fig. S3. Comparison of tracing results with Imaris and Avizo.** Corresponding tracing results from Avizo (A) and Imaris (B). The traced neurites are labelled in green, and the branching and ending points are labelled in magenta.