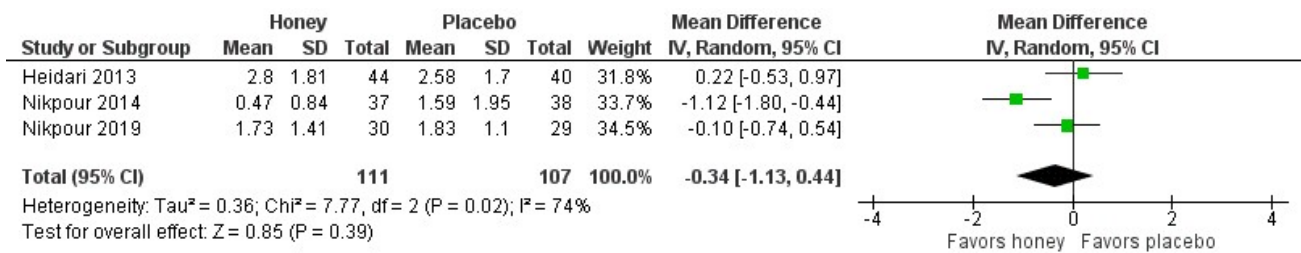


## Supplementary Data



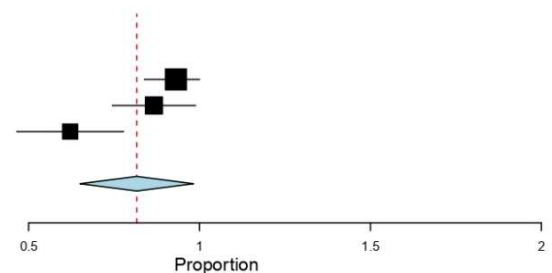
**Figure S1 - Wound Healing;** (MD 0.34; 95% CI -1.13 to 0.44;  $p=0.39$ )

**Table S1 - Combined analysis of outcomes**

Study /year	Pain relief drugs (%)	Antibiotic (%)	Diet*	Satisfaction (%) and p-value	Wound complications <sup>a</sup> ( comparison)
Gerosa 2022					
Mel	46.43 %	NA	diet	93%	Mean VAS urinary burning ( $p = 0.31$ )
Placebo	54.84%	NA	advice	NA	
Heidari 2013					
Mel	NA	NA	diet	Not significant	Not significant difference
Placebo	NA	NA	advice	difference	
Nikpour 2014					
Mel	NA	89%	diet	86% ( $p<0,001$ )	Rednees ( $p< 0.003$ )
Placebo	NA	94%	advice	26%	Edema ( $p = 0.010$ )
					Ecchymosed ( $p = 0.006$ )
Nikpour 2019					
Mel	50%	73.3%	NA	NA	Tingling and itching ( $p = 0.921$ )
Placebo	72.4%	82.8%	NA	NA	
Shirvani 2013					
Mel	11,5% <sup>b</sup>	NA	diet	61% ( $p<0,001$ )	Burn ( $p = 0.13$ )
			advice		Pruritis ( $p = 0.13$ )
Placebo	62,6% <sup>b</sup>	NA		17,01%	Redness ( $p = 0.001$ )
					Warming ( $p = 0.003$ )

NA, not available; \* milk, meat, fruits, vegetables and cereals intake; <sup>a</sup> always evaluated on the last day of treatment; <sup>b</sup> first 10 days.

Studies	Estimate (95% C.I.)	Ev/Trt
Gerosa 2022	0.931 (0.839, 1.000)	27/29
Nikpour 2019	0.867 (0.745, 0.988)	26/30
Shirvani 2013	0.622 (0.465, 0.778)	23/37
<b>Overall (I<sup>2</sup>=82.16 % , P=0.004)</b>	<b>0.816 (0.651, 0.982)</b>	<b>76/96</b>

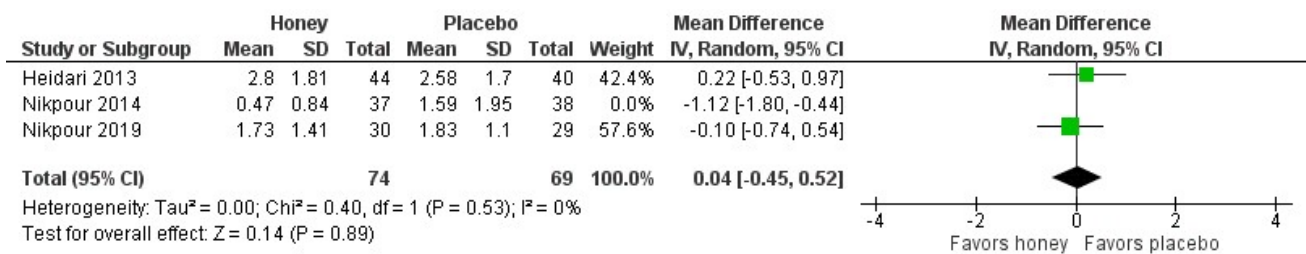


**Figure S2 – Proportion of Personal satisfaction;** (OR 0.81; 95% CI 0.61, 0.98;  $I^2=82.16$ )

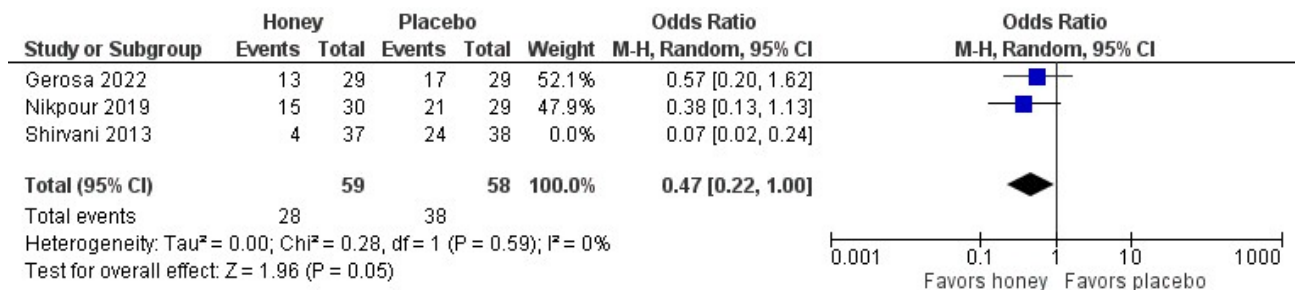
**Table S2** - Statistical analysis of the outcomes of interest.

OUTCOMES	STUDIES	N <sup>a</sup> OF PATIENTS	MD OR SMD	95% IC	P-VALUE	CHI <sup>2</sup>	HETEROGENEITY DF	P-VALUE	I <sup>2</sup> (%)
Wound healing (middle of treatment)	2	134	- 0.84	- 2.23, 0.55	0.24	4.21	1	0.04	76%
Wound healing (end of treatment)	3	218	- 0.34	- 1.13, 0.44	0.39	7.77	2	0.02	74%
Pain intensity (24 h)	3	217	0.11	- 0.15, 0.38	0.40	1.09	2	0.58	0%
Pain intensity (middle of treatment)	3	191	- 0.54	- 0.83, - 0.25	0.0003*	0.42	2	0.81	0%
Pain intensity (end of treatment)	3	218	- 0.71	- 1.92, 0.49	0.24	6.94	2	0.03	71%

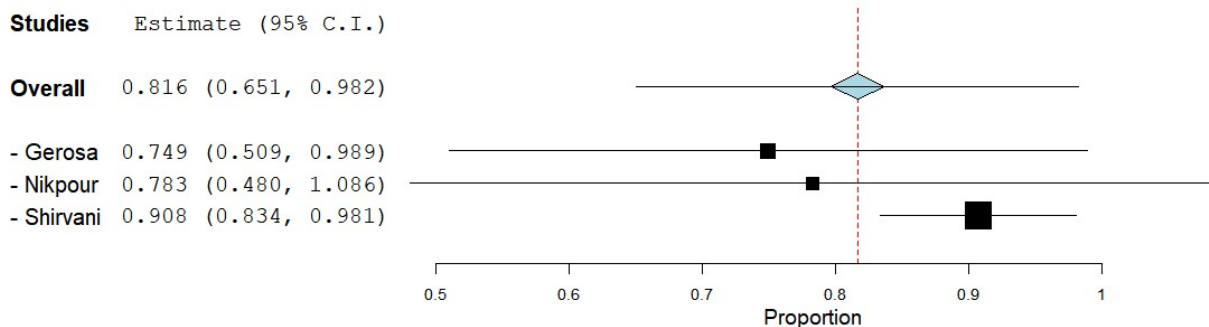
\* Statistically significant. MD, mean difference; SMD, standardized mean difference; CI, confidence interval;



**Figure S3** – Wound Healing one out analysis; (MD 0.04; 95% CI -0.45 to 0.52;  $p=0.89$ )



**Figure S4** – Use of NSAIDs for pain control one out analysis; (OR 0.47; 95% CI 0.22, 1.00;  $p<0.005$ )



**Figure S5** – Personal satisfaction one out analysis; (OR 0.81; 95% CI 0.65, 0.98;)