

Medications That May Impede Fracture Healing

1. NSAIDs - Non-steroidal antiinflammatory drugs

- a. nonselective and COX-2-selective NSAIDs can interfere with normal fracture healing
- b. COX-2 enzyme has a role in bone healing
- c. Low level of evidence to suggest NSAIDs inhibit bone healing

2. GLUCOCORTICOIDS

- a. impairs bone healing and contributes to osteopenia/osteoporosis

3. Some antibiotics

- a. some fluoroquinolones have been suggested to impair fracture healing

4. Anticoagulants

- a. Warfarin and heparin
 - i. stimulate osteoclastic activity resulting in bone resorption and decreased bone formation - resulting in a less dense callous formation following a fracture
- b. Unfractionated heparin (UFH) has a greater negative impact on bone healing -> low-molecular-weight heparin (Lovenox) has been suggested to be safer for DVT prophylaxis following a fracture

5. Chemotherapy agents --> inhibit rapidly producing cells (normal bone healing following a fracture)