Supporting Information:

Seedless Preparation of Au Nanorods by Hydroquinone Assistant and Red Blood Cell Membranes Camouflage

![Figure S1. TEM images of the AuNRs that were prepared with the addition of 0 μL (a), and 60 μL (b) 10 mM NaBH₄. The amount of 0.05 M CTAB, 100 mM HAuCl₄, 0.1 M AgNO₃, and 30 mM HQ was fixed at 10 mL, 50 μL, 100 μL, and 1 mL, respectively.](image)
Figure S2. TEM images (a)-(c) and UV-vis-NIR absorption spectra (d) of the AuNRs prepared at different temperatures from 25 to 60 °C. The amount of 0.05 M CTAB, 100 mM HAuCl₄, 0.1 M AgNO₃, 30 mM HQ, and 10 mM NaBH₄ was 10 mL, 50 μL, 100 μL, 1 mL, and 15 μL, respectively.
Figure S3. TEM images (a-c) and UV-vis-NIR absorption spectra (d) of the AuNRs were prepared with the addition of 100 mM HAuCl₄ from 25 μL to 100 μL. The amount of 0.05 M CTAB, 0.1 M AgNO₃, 30 mM HQ, and 10 mM NaBH₄ was fixed at 10 mL, 100 μL, and 1 mL, and 15 μL, respectively.
Figure S4. Time constant for heat transfer from the system is calculated to be $\tau_s = 457.88$ s by applying the linear time data from the cooling period versus negative natural logarithm of driving force temperature, which is obtained from Figure 6d.

The photothermal transduction efficiency was calculated by

$$\eta = \frac{hS(T_{\text{Max}} - T_{\text{Surf}}) - Q_{\text{dis}}}{I(1 - 10^{-\Delta\text{Abs}})}$$

the $\eta$ of 40 $\mu$g/mL AuNRs with the LSPR peak at 800 nm (28×7 nm) under the 1.5 W/cm$^2$ 808 nm laser irradiation was calculated to be 80 %. 
Figure S5. TEM image of RBCM-AuNRs after storing in PBS for 2 days.