



Supplementary materials

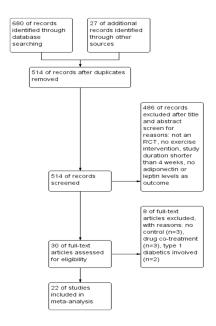
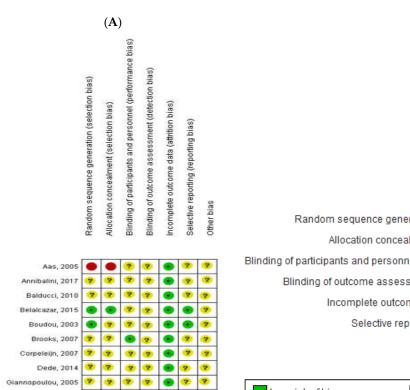


Figure S1. Flow diagram of study selection. RCT—randomized controlled trial.

Ishii, 2001 Jorge, 2011 Kadoglou, 2007 a Kadoglou, 2007 b

> Loimaala, 2009 Lovrencic, 2015

Mendham, 2015 Okada, 2010 okling-Andersen, 2007 Thompson, 2014 Zhang, 2017 **(B)**



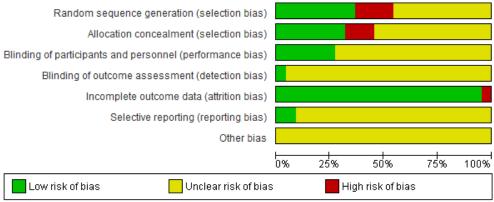


Figure S2. Risk of bias assessment. Each bias domain was assessed for every study included in the meta-analysis and decided it reflected a low risk of bias (green), high risk of bias (red), or if insufficient information was provided so that the risk of bias was unclear (yellow). (A) Risk of bias in individual studies. (B) Summary of risk of bias.



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