

Study ID	D1	D2	D3	D4	D5	Overall
Bhardwaj 2020	!	+	+	+	+	!
Dhulkhed 2017	!	!	+	+	+	!
Hwang 2009	+	+	+	+	+	+
Jeon 2010	+	+	+	+	+	+
Kim 2014	!	+	+	+	+	!
Koo 2019	!	+	+	+	+	!
Mahmoodpoor 2015	!	+	+	+	+	!
Nalini 2016	+	+	+	+	+	+
Shyam 2021	+	+	+	+	+	+
Yun 2011	!	+	+	+	+	!

Supplemental Digital content 10. Risk-of-bias graph. D1, bias arising from the randomization process; D2, bias due to deviations from intended intervention; D3, bias due to missing outcome data; D4, bias in measurement of the outcome; D5, bias in the selection of the reported results. Abbreviations: green circle, low risk; yellow circle, some concerns.