

**Table 1:** Risk of bias summary based on the review author's judgments about each risk of bias item for the included randomized controlled trials.

Iliopoulos 2017 <sup>13</sup>	+	+	+	+	+	+	?
Olivier 2010 <sup>7</sup>	+	-	-	-	+	+	?
Random sequence generation							
Allocation concealment							
Blinding of participants and personnel							
Blinding of outcome assessment							
Incomplete outcome data							
Selective reporting							
Other bias							