335 references identified through database searching

101 references excluded
-17 protocols
-84 duplicates

234 references

88 references excluded by selection on title and abstract
-Not a systematic review (n=26)
-Duplicates/updated reviews (n=35)
-Not a therapeutic intervention (n=2)
-No or only 1 RCT included (n=11)
-No meta-analysis performed (n=8)
-No split-mouth RCT (n=2)
-No parallel-arm RCT (n=4)

146 references

128 references eliminated by selection on full-text article
-Design of included RCTs unclear (n=4)
-No or only 1 RCT included (n=10)
-No meta-analysis performed (n=38)
-No split-mouth RCT (n=44)
-No parallel-arm RCT (n=19)
-Unclear or no effect size reported for each RCT (n=13)

18 eligible systematic reviews
-18 meta-analyses with binary outcome
-24 meta-analyses with continuous outcome

8 overlapping meta-analyses from 2 systematic reviews