

Supplemental Information - 2: Methodological quality (CASP criteria)

Randomised Control Trials								
Study	Did the trial address a clearly focused issue?	Was the assignment of patients to treatments randomised?	Were all of the patients who entered the trial properly accounted for at its conclusion?	Were patients, health workers and study personnel 'blind' to treatment?	Were the groups similar at the start of the trial?	Aside from the experimental intervention, were the groups treated equally?	Is the primary outcome clearly specified?	Can the results be applied to the local population, or in your context?
Hancock et al. (2018)	Yes	Yes	Yes	No (not health care workers and patients)	Yes	Yes	Yes	Yes
Hsu et al. (2020)	Yes	Yes	Yes	No (not the patients)	Yes	Yes	Yes	Yes
Kolakowski et al. (2018)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Sheer et al.	Yes	Yes	Yes	No (not the patients)	Yes	Yes	Yes	Yes

(2018))				
Stull et al. (2020)	Yes	Yes	Yes	No (not the surgeons)	Yes	Yes	Yes	Yes
Van Diek et al. (2020)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Yamakado (2017)	Yes	Yes	Yes	No (not the surgeon)	Yes	Yes	Yes	Yes

Cohort/case series studies								
Study	Did the study address a clearly focused issue?	Was the cohort recruited in an acceptable way?	Was the exposure and outcome accurately measured to minimize bias?	Have the authors identified all important confounding factors?	Was the follow up of subjects complete enough?	Do you believe the results?	Can the results be applied to the local population?	Do the results of this study fit with other available evidence?
Blonna et al. (2018)	Yes	Yes	Yes/Yes	Yes	Yes	Yes	Yes	Yes
Dizay et al. (2017)	Yes	Yes	Yes/No	No (didn't record compliance)	Yes	N/A	N/A	No
Duvall	Yes	Yes	Yes/Yes	Yes	N/A	Yes	Yes	Yes

et al. (2019)								
Heckman et al. (2018)	Yes	Yes	Yes/Yes	Yes	No	Yes	Yes	Yes
Heckman et al. (2019)	Yes	Yes	Yes/Yes	No (didn't record compliance)	No	Yes	Yes	Yes
Koh et al. (2016)	Yes	Yes	Yes/Yes	Yes	No	Yes	Yes	Yes
MacLean et al. (2018)	Yes	Yes	Yes/Yes	Yes	Yes	Yes	Yes	Yes
Matsen et al. (2020)	Yes	Yes	Yes/Yes	No (didn't record compliance)	No	Yes	Yes	Yes
Phadnis et al. (2016)	Yes	Yes	Yes/Yes	Yes	N/A	Yes	Yes	Yes
Sabetta et al. (2015)	Yes	Yes	Yes/Yes	Yes	N/A	Yes	Yes	Yes

Prospective Case Control Studies								
Study	Did the study address a clearly focused issue?	Were the cases recruited in an acceptable	Were the controls selected in an acceptable	Aside from the experimental intervention, were	Have the authors taken account of the potential	How precise was the estimate of the treatment	Do the results of this study fit with other available	Can the results be applied to the local population, or in

		way?	way?	the groups treated equally?	confounding factors in the design and/or in their analysis?	effect?	evidence? Do you believe them?	your context?
Chalmers et al. (2019)	Yes	Yes	Yes	Yes	Yes	Yes	Yes/Yes	Yes