**Appendix 1**

The database search strategy at the University of Toronto library for example PubMed and Web of Science: initially used the key words (self-ligating), AND (self-ligat OR self ligat), AND (“Orthodontic Appliances” (Mesh) OR device, OR bracket, OR brace), AND (Damon, SmartClip, In-Ovation, Victory Active Self-ligation, Time, Activa, Speed) and removed irrelevant or duplicate results.