Medical Policy
Reduction Mammaplasty for Breast-Related Symptoms

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Policy Number: 703
BCBSA Reference Number: 7.01.21 (For Plan internal use only)

Related Policies
Surgical Treatment of Gynecomastia, #661

Policy
Commercial Members: Managed Care (HMO and POS), PPO, and Indemnity

Reduction mammaplasty may be considered MEDICALLY NECESSARY for the treatment of macromastia when the following well-documented clinical symptoms are present AND if a member is under age 18, the following age criteria must also be met:

Age Criteria:
- Documented tanner stage IV or V for members aged 15-18, AND
- Stable height measurements for 6 months, OR
- Puberty completion as shown on wrist radiograph.

Clinical Symptoms:
- Documentation of a minimum 6-week history of shoulder, neck, or back pain related to macromastia that is not responsive to conservative therapy, such as an appropriate support bra, exercises, heat/cold treatment, and appropriate nonsteroidal anti-inflammatory agents/muscle relaxants. This includes documentation of the presence of shoulder grooving, an indication that the breast weight results in grooving of the bra straps on the shoulder, OR
- Recurrent or chronic intertrigo between the pendulous breast and the chest wall that is resistant to topical treatment.

Individuals meeting the above criteria should have either a minimum of 350g per breast removed OR the surgeon should follow the below Schnur sliding scale, which suggests a minimum amount of breast tissue removed based on a patient’s body surface area if the planned weight to be resected from each breast falls below 350g.
### Body Surface Area (m²)* and Weight of Breast Tissue Removed [per breast]

<table>
<thead>
<tr>
<th>Body Surface Area (m²)</th>
<th>Minimum Grams of Breast Tissue to be Removed</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.35</td>
<td>199</td>
</tr>
<tr>
<td>1.40</td>
<td>218</td>
</tr>
<tr>
<td>1.45</td>
<td>238</td>
</tr>
<tr>
<td>1.50</td>
<td>260</td>
</tr>
<tr>
<td>1.55</td>
<td>284</td>
</tr>
<tr>
<td>1.60</td>
<td>310</td>
</tr>
<tr>
<td>1.65</td>
<td>338</td>
</tr>
<tr>
<td>1.69</td>
<td>349</td>
</tr>
</tbody>
</table>

*Calculation of Body Surface Area (BSA)

- Mosteller formula: Body surface area = the square root of height (cm) multiplied by weight (kg) divided by 3,600.
- To convert pounds to kilograms, multiply pounds by 0.45
- To convert inches to meters, multiply inches by 0.0254

Click the hyperlink for an online BSA calculator: https://reference.medscape.com/calculator/28/bmi-and-bsa-mosteller

**Note:** The scale above is taken from the Schnur Sliding Scale and shows the BSA and associated grams of breast tissue to be removed to meet the 22nd percentile where women are likely to have a reduction mammoplasty primarily for medical reasons.

Repeat reduction mammoplasty may be considered **MEDICALLY NECESSARY** if

- there are complications resulting from the initial surgery, **OR**
- the member meets the same criteria for reduction mammoplasty that were required for the original surgery’s approval including the following:
  - BMI must be less than 35, **AND**
  - No evidence of Body Dysmorphic Disorder.

Reduction mammoplasty is considered **INVESTIGATIONAL** for all other indications not meeting the above criteria.

### Prior Authorization Information

**Inpatient**

- For services described in this policy, precertification/preauthorization **IS REQUIRED** for all products if the procedure is performed **inpatient**.

**Outpatient**

- For services described in this policy, see below for products where prior authorization **might be required** if the procedure is performed **outpatient**.

<table>
<thead>
<tr>
<th>Commercial Managed Care (HMO and POS)</th>
<th>Outpatient</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Prior authorization is required.</td>
</tr>
<tr>
<td>Commercial</td>
<td>Prior authorization is required.</td>
</tr>
</tbody>
</table>

### CPT Codes / HCPCS Codes / ICD Codes

Inclusion or exclusion of a code does not constitute or imply member coverage or provider reimbursement. Please refer to the member’s contract benefits in effect at the time of service to determine coverage or non-coverage as it applies to an individual member.
Providers should report all services using the most up-to-date industry-standard procedure, revenue, and diagnosis codes, including modifiers where applicable.

The following codes are included below for informational purposes only; this is not an all-inclusive list.

The above medical necessity criteria MUST be met for the following codes to be covered for Commercial Members: Managed Care (HMO and POS), PPO, and Indemnity:

### CPT Codes

<table>
<thead>
<tr>
<th>CPT codes:</th>
<th>Code Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>19318</td>
<td>Breast reduction</td>
</tr>
</tbody>
</table>

### ICD-10 Procedure Codes

<table>
<thead>
<tr>
<th>ICD-10-PCS procedure codes:</th>
<th>Code Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0HBT0ZZ</td>
<td>Excision of Right Breast, Open Approach</td>
</tr>
<tr>
<td>0HBT3ZZ</td>
<td>Excision of Right Breast, Percutaneous Approach</td>
</tr>
<tr>
<td>0HBU0ZZ</td>
<td>Excision of Left Breast, Open Approach</td>
</tr>
<tr>
<td>0HBU3ZZ</td>
<td>Excision of Left Breast, Percutaneous Approach</td>
</tr>
<tr>
<td>0HBV0ZZ</td>
<td>Excision of Bilateral Breast, Open Approach</td>
</tr>
<tr>
<td>0HBV3ZZ</td>
<td>Excision of Bilateral Breast, Percutaneous Approach</td>
</tr>
</tbody>
</table>

### Description

#### Macromastia

Macromastia, or gigantomastia, is a condition that describes breast hyperplasia or hypertrophy. Macromastia may result in clinical symptoms such as shoulder, neck, or back pain, or recurrent intertrigo in the mammary folds. Also, macromastia may be associated with psychosocial or emotional disturbances related to the large breast size.

#### Treatment

Reduction mammoplasty is a surgical procedure designed to remove a variable proportion of breast tissue to address emotional and psychosocial issues and/or to relieve the associated clinical symptoms.

While literature searches have identified many articles that discuss the surgical technique of reduction mammoplasty and have documented that reduction mammoplasty is associated with relief of physical and psychosocial symptoms, an important issue is whether reduction mammoplasty is a functional need or cosmetic. For some patients, the presence of medical indications is clear-cut: clear documentation of recurrent intertrigo or ulceration secondary to shoulder grooving. For some patients, the documentation differentiating between a cosmetic and a medically necessary procedure will be unclear. Criteria for medically necessary reduction mammoplasty are not well-addressed in the published medical literature.

Some protocols on the medical necessity of reduction mammoplasty are based on the weight of removed breast tissue. The basis of weight criteria is not related to the outcomes of surgery, but to surgeons retrospectively classifying cases as cosmetic or medically necessary. Schnur et al. (1991) at the request of third-party payers, developed a sliding scale. This scale was based on survey responses from 92 of 200 solicited plastic surgeons, who reported the height, weight, and amount of breast tissue removed from each breast from the last 15 to 20 reduction mammoplasties they had performed. Surgeons were also asked if the procedures were performed for cosmetic or medically necessary reasons. The data were then used to create a chart relating the body surface area, and the cutoff weight of breast tissue removed that differentiated cosmetic and medically necessary procedures. Based on their estimates, those with a breast tissue removed weight above the 22nd percentile likely had the procedure for medical reasons,
while those below the 5th percentile likely had the procedure performed for cosmetic reasons; those falling between the cutpoints had the procedure performed for mixed reasons.

Schnur (1999) reviewed the use of the sliding scale as a coverage criterion and reported that, while many payers had adopted it, many had also misused it. Schnur pointed out that if a payer used weight of resected tissue as a coverage criterion, then if the weight fell below the 5th percentile, the reduction mammaplasty would be considered cosmetic; if above the 22nd percentile, it would be considered medically necessary; and if between these cutpoints, it would be considered on a case-by-case basis. Schnur also questioned the frequent requirement that a woman is within 20% of her ideal body weight. While weight loss might relieve symptoms, durable weight loss is notoriously difficult and might be unrealistic in many cases.

Summary
Description
Macromastia, or gigantomastia, is a condition that describes breast hyperplasia or hypertrophy. Macromastia may result in clinical symptoms such as shoulder, neck, or back pain, or recurrent intertrigo in the mammary folds. In addition, macromastia may be associated with psychosocial or emotional disturbances related to the large breast size. Reduction mammaplasty is a surgical procedure designed to remove a variable proportion of breast tissue to address emotional and psychosocial issues and/or to relieve the associated clinical symptoms.

Summary of Evidence
For individuals who have symptomatic macromastia who receive reduction mammaplasty, the evidence includes systematic reviews, randomized controlled trials, cohort studies, and case series. Relevant outcomes are symptoms and functional outcomes. Studies have indicated that reduction mammaplasty is effective at decreasing breast-related symptoms such as pain and discomfort. There is also evidence that functional limitations related to breast hypertrophy are improved after reduction mammaplasty. These outcomes are achieved with acceptable complication rates. The evidence is sufficient to determine that the technology results in an improvement in the net health outcome.

Policy History

<table>
<thead>
<tr>
<th>Date</th>
<th>Action</th>
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<tbody>
<tr>
<td>3/2022</td>
<td>Annual policy review. Description, summary, and references updated. Policy statements unchanged.</td>
</tr>
<tr>
<td>12/2021</td>
<td>Policy clarified. New medically necessary indications described for repeat reduction mammaplasty.</td>
</tr>
<tr>
<td>10/2021</td>
<td>Annual policy review. Description, summary, and references updated. Policy statements unchanged.</td>
</tr>
<tr>
<td>4/2021</td>
<td>Annual policy review. Description, summary, and references updated. Policy statements unchanged.</td>
</tr>
<tr>
<td>3/2021</td>
<td>Policy criteria on the minimum amount of breast tissue removal was revised from 500 grams to 350 grams. Effective 3/1/2021.</td>
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<td>1/2021</td>
<td>Medicare information removed. See MP #132 Medicare Advantage Management for local coverage determination and national coverage determination reference.</td>
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<tr>
<td>1/2020</td>
<td>Investigational statements on repeat reduction mammaplasty clarified.</td>
</tr>
<tr>
<td>11/2019</td>
<td>Policy clarified to indicate that repeat reduction mammaplasty is investigational.</td>
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</table>
Information Pertaining to All Blue Cross Blue Shield Medical Policies
Click on any of the following terms to access the relevant information:
Medical Policy Terms of Use
Managed Care Guidelines
Indemnity/PPO Guidelines
Clinical Exception Process
Medical Technology Assessment Guidelines

References

Endnotes

1 Based on expert opinion