

<b>7.01.21</b>	<b>Reduction Mammoplasty</b>		
<b>Original Policy Date:</b>	December 4, 2015	<b>Effective Date:</b>	April 1, 2021
<b>Section:</b>	7.0 Surgery	<b>Page:</b>	Page 1 of 12

## Policy Statement

Reduction mammoplasty may be considered **medically necessary** for the treatment of macromastia when well-documented clinical symptoms are present, including but not limited to **either** of the following:

- I. Documentation of a minimum 6-week history of [shoulder, neck, or back pain](#) related to macromastia not responsive to conservative therapy, such as an appropriate support bra, exercises, heat/cold treatment, and appropriate nonsteroidal anti-inflammatory agents or muscle relaxants
- II. Recurrent or chronic intertrigo between the pendulous breast and the chest wall

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

**NOTE:** Refer to [Appendix A](#) to see the policy statement changes (if any) from the previous version.

## Policy Guidelines

The presence of shoulder, neck, or back pain is the most common stated *medical* rationale for reduction mammoplasty. However, because these symptoms and others, including recurrent intertrigo, may be subjective or difficult to quantitate, the following additional patient selection criteria may be considered:

- Use of photographs, providing a visual documentation of breast size or documenting the presence of shoulder grooving, an indication that the breast weight results in grooving of the bra straps on the shoulder
- Requirement of a specified amount of breast tissue to be resected, commonly 500 to 600 grams per breast
- Use of the Schnur Sliding Scale, which suggests a minimum amount of breast tissue to be removed for the procedure to be considered medically necessary, based on the patient's body surface area. An additional refinement includes using the Schnur Sliding Scale only for weight of resected tissue that falls below 500 to 600 grams.
- Requirement that the patient must be within 20% of ideal body weight to eliminate the possibility that obesity is contributing to the symptoms of neck or back pain

### Coding

**Effective January 1, 2021**, the following CPT code has been **revised**:

The following CPT code is specific for this procedure:

- **19318:** Breast reduction

## 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 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.

## Related Policies

- N/A

## Benefit Application

Benefit determinations should be based in all cases on the applicable contract language. To the extent there are any conflicts between these guidelines and the contract language, the contract language will control. Please refer to the member's contract benefits in effect at the time of service to determine coverage or non-coverage of these services as it applies to an individual member.

Some state or federal mandates (e.g., Federal Employee Program [FEP]) prohibits plans from denying Food and Drug Administration (FDA)-approved technologies as investigational. In these instances, plans may have to consider the coverage eligibility of FDA-approved technologies on the basis of medical necessity alone.

## Regulatory Status

Reduction mammoplasty is a surgical procedure and, as such, is not subject to regulation by the U.S. Food and Drug Administration (FDA).

## Rationale

### Background

#### 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,<sup>1,2,3,4,5,6,7,8,9</sup> 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.<sup>10</sup> 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 a 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 cut points 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.<sup>11</sup> 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 mammoplasty would be considered cosmetic; if above the 22nd percentile, it would be considered medically necessary; and if between these cut points, 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.

### **Literature Review**

Evidence reviews assess the clinical evidence to determine whether the use of a technology improves the net health outcome. Broadly defined, health outcomes are length of life, quality of life, and ability to function, including benefits and harms. Every clinical condition has specific outcomes that are important to patients and to managing the course of that condition. Validated outcome measures are necessary to ascertain whether a condition improves or worsens; and whether the magnitude of that change is clinically significant. The net health outcome is a balance of benefits and harms.

To assess whether the evidence is sufficient to draw conclusions about the net health outcome of a technology, 2 domains are examined: the relevance and the quality and credibility. To be relevant, studies must represent 1 or more intended clinical use of the technology in the intended population and compare an effective and appropriate alternative at a comparable intensity. For some conditions, the alternative will be supportive care or surveillance. The quality and credibility of the evidence depend on study design and conduct, minimizing bias and confounding that can generate incorrect findings. The randomized controlled trial (RCT) is preferred to assess efficacy; however, in some circumstances, nonrandomized studies may be adequate. Randomized controlled trials are rarely large enough or long enough to capture less common adverse events and long-term effects. Other types of studies can be used for these purposes and to assess generalizability to broader clinical populations and settings of clinical practice.

### **Reduction Mammoplasty for Macromastia-Efficacy in Reducing Symptoms**

#### **Clinical Context and Therapy Purpose**

The purpose of reduction mammoplasty is to provide a treatment option that is an alternative to or an improvement on existing therapies, such as nonsurgical treatment, in patients with symptomatic macromastia.

The question addressed in this evidence review is: does reduction mammoplasty improve the net health outcome for women with symptomatic macromastia?

The following PICO was used to select literature to inform this review.

#### **Populations**

The relevant population of interest is women with symptomatic macromastia, or gigantomastia, a condition that describes breast hyperplasia or hypertrophy.

#### **Interventions**

The therapy being considered is reduction mammoplasty, a surgical procedure that removes a variable proportion of breast tissue to relieve the associated clinical symptoms and address emotional and psychosocial issues related to large breast size.

### Comparators

Comparators of interest include nonsurgical treatment which primarily involves analgesia, clothing modifications, physical therapy and other measures to address symptoms.

### Outcomes

The general outcomes of interest are symptoms and functional outcomes. Symptoms of symptomatic macromastia can include mastalgia, pain in the shoulders, back, and neck, and recurrent intertrigo in the mammary fold. The condition may also be associated with psychosocial or emotional disturbances.

### Study Selection Criteria

Methodologically credible studies were selected using the following principles:

- To assess efficacy outcomes, comparative controlled prospective trials were sought, with a preference for RCTs;
- In the absence of such trials, comparative observational studies were sought, with a preference for prospective studies.
- To assess longer term outcomes and adverse events, single-arm studies that capture longer periods of follow-up and/or larger populations were sought.
- Studies with duplicative or overlapping populations were excluded.

### Review of Evidence

#### Randomized Controlled Trials

Sabino Neto et al. (2008) assessed functional capacity for 100 patients, ages 18 to 55 years, who were randomized to reduction mammoplasty or to waiting list control.<sup>7</sup> Forty-six patients from each group completed the study. At baseline and 6 months later, patients were assessed for functional capacity using the Roland-Morris Disability Questionnaire (0=best performance, 24=worst performance) and for pain using a visual analog scale. The reduction mammoplasty group showed improvement in functional status, with an average score of 5.9 preoperatively and 1.2 within 6 months postoperatively ( $p<0.001$  for pre-post comparison within the mammoplasty group) versus an unchanged average score of 6.2 in the control group on the first and second evaluations. Additionally, pain in the lower back decreased on the visual analog scale from an average of 5.7 preoperatively to 1.3 postoperatively ( $p<0.001$  for pre-post comparison within the mammoplasty group) versus visual analog scale average scores in the control group of 6.0 and 5.3 on the first and second evaluations, respectively ( $p$ =not significant).

Saariniemi et al (2008) reported on quality of life and pain in 82 patients randomized to reduction mammoplasty or a nonoperative group and evaluated at baseline and 6 months later.<sup>9</sup> The authors reported that the mammoplasty group had significant improvements in quality of life from baseline to 6 months, as measured by the Physical Component Summary score of the 36-Item Short-Form Health Survey (SF-36; change, +9.7 versus +0.7,  $p<0.001$ ), the Utility Index score (SF-6D; change, +17.5 versus +0.6), the index score of quality of life (SF-15D; change, +8.6 versus +0.06,  $p<0.001$ ), and SF-36 Mental Component Summary score (change, +7.8 versus -1.0,  $p<0.002$ ). There were also improvements in breast-related symptoms from baseline to 6 months, as measured by Finnish Breast-Associated Symptoms questionnaire scores (-47.9 versus -3.5,  $p<0.001$ ), and Finnish Pain Questionnaire scores (-21.5 versus -1.0,  $p<0.001$ ).

Iwuagwu et al. (2006) reported on 73 patients randomized to reduction mammoplasty within 6 weeks or after a 6-month waiting period to assess lung function.<sup>8</sup> All patients had symptoms related to macromastia. Postoperative lung function correlated with the weight of breast tissue removed, but there were no significant improvements in any lung function parameters for the mammoplasty group compared with the control group. Key trials are reported in Tables 1 and 2 below.

**Table 1. Summary of Key Randomized Controlled Trial Characteristics**

Study; Trial	Countries	Sites	Dates	Participants	Interventions	
					Active	Comparator

<b>Sabino Neto (2008)<sup>2</sup></b>	Brazil	1	2002-2004	Female patients (age 18 to 55 yrs) with breast hypertrophy (n=100)	Reduction mammoplasty (n=50)	Waiting list control (n=50)
<b>Saariniemi (2008)<sup>2</sup></b>	Finland	1	NR	Female patients with symptomatic breast hypertrophy (n=82)	Reduction mammoplasty (n=40)	Non-operative control (n=42)

NR: not reported; RCT: randomized controlled trial.

**Table 2. Summary of Key Randomized Controlled Trial Results**

Study	Change (Pre- to Postoperative) in RSES	Change (Pre- to Postoperative) in RMDQ	Change (Pre- to Postoperative) in VAS	Change (Pre- to Postoperative) in SF-36 Utility Index Score	Change (Pre- to Postoperative) in Mental Summary Score	Change (Pre- to Postoperative) in Pain Score
<b>Sabino Neto (2008)<sup>2</sup></b>						
Mammoplasty	8.9 to 4.9 (p<0.001)	5.9 to 1.2 (p<0.001)	5.7 to 1.3 (p<0.001)			
Control	9.1 to 9.0 (p>0.999)	6.2 to 6.2 (NR)	6.0 to 5.3 (p<0.001)			
<b>Saariniemi (2008)<sup>2</sup></b>						
Mammoplasty				0.645 to 0.820	46.0 to 53.8	28.5 to 7.0
Control				0.657 to 0.663	47.2 to 46.2	27.5 to 26.5
P-value				<0.001	<0.002	<0.001

NR: not reported; RSES: Rosenberg Self-Esteem Scale; RMDQ: Roland-Morris Disability Questionnaire; SF-36: 36-Item Short-Form Health Survey; VAS: visual analog scale.

The purpose of the gaps tables (Table 3 and 4) is to display notable gaps identified in each study. This information is synthesized as a summary of the body of evidence following each table and provides the conclusions on the sufficiency of evidence supporting the position statement.

**Table 3. Study Relevance Limitations**

Study	Population <sup>a</sup>	Intervention <sup>b</sup>	Comparator <sup>c</sup>	Outcomes <sup>d</sup>	Duration of Follow-up <sup>e</sup>
Sabino Neto (2008) <sup>2</sup>			3. Comparator group on waiting list without additional intervention described	5. Clinical significant difference not prespecified	
Saariniemi (2008) <sup>2</sup>			3. Comparator group did not receive surgery and had no other intervention described	5. Clinical significant difference not prespecified	

The study limitations stated in this table are those notable in the current review; this is not a comprehensive gaps assessment.

<sup>a</sup> Population key: 1. Intended use population unclear; 2. Clinical context is unclear; 3. Study population is unclear; 4. Study population not representative of intended use.

<sup>b</sup> Intervention key: 1. Not clearly defined; 2. Version used unclear; 3. Delivery not similar intensity as comparator; 4. Not the intervention of interest.

<sup>c</sup> Comparator key: 1. Not clearly defined; 2. Not standard or optimal; 3. Delivery not similar intensity as intervention; 4. Not delivered effectively.

<sup>d</sup> Outcomes key: 1. Key health outcomes not addressed; 2. Physiologic measures, not validated surrogates; 3. No CONSORT reporting of harms; 4. Not established and validated measurements; 5. Clinical significant difference not prespecified; 6. Clinical significant difference not supported.

<sup>e</sup> Follow-Up key: 1. Not sufficient duration for benefit; 2. Not sufficient duration for harms.

**Table 4. Study Design and Conduct Limitations**

Study	Allocation <sup>a</sup>	Blinding <sup>b</sup>	Selective Reporting <sup>c</sup>	Follow-Up <sup>d</sup>	Power <sup>e</sup>	Statistical <sup>f</sup>
Sabino Neto (2008) <sup>7</sup>		1,2,3. No blinding				3. Some p-values not reported
Saariniemi (2008) <sup>2</sup>		1,2,3. No blinding		1. 22% of patients lost to follow-up		

The study limitations stated in this table are those notable in the current review; this is not a comprehensive gaps assessment.

a Allocation key: 1. Participants not randomly allocated; 2. Allocation not concealed; 3. Allocation concealment unclear; 4. Inadequate control for selection bias.

b Blinding key: 1. Not blinded to treatment assignment; 2. Not blinded outcome assessment; 3. Outcome assessed by treating physician.

c Selective Reporting key: 1. Not registered; 2. Evidence of selective reporting; 3. Evidence of selective publication.

d Follow-Up key: 1. High loss to follow-up or missing data; 2. Inadequate handling of missing data; 3. High number of crossovers; 4. Inadequate handling of crossovers; 5. Inappropriate exclusions; 6. Not intent to treat analysis (per protocol for noninferiority trials).

e Power key: 1. Power calculations not reported; 2. Power not calculated for primary outcome; 3. Power not based on clinically important difference.

f Statistical key: 1. Intervention is not appropriate for outcome type: (a) continuous; (b) binary; (c) time to event; 2. Intervention is not appropriate for multiple observations per patient; 3. Confidence intervals and/or p values not reported; 4. Comparative treatment effects not calculated.

### Observational Studies

Singh and Losken (2012) reported on a systematic review of studies reporting outcomes after reduction mammoplasty.<sup>12</sup> In 7 studies reporting on physical symptoms (n range, 11 to 92 patients), reviewers found reduction mammoplasty improved functional outcomes including pain, breathing, sleep, and headaches. Additional psychological outcomes noted included improvements in self-esteem, sexual function, and quality of life.

Hernanz et al. (2016) reported on a descriptive cohort study of 37 consecutive obese patients who underwent reduction mammoplasty for symptomatic macromastia, along with 37 age-matched women hospitalized for short-stay surgical procedures.<sup>13</sup> In the preoperative state, SF-36 physical health component subscore was significantly lower for patients with symptomatic macromastia (40) than for age-matched controls (53;  $p < 0.001$ ), with differences in 5 of the 8 subscales. At 18 months postprocedure, there were no significant differences in any SF-36 subscores except the body pain subscale between patients who had undergone reduction mammoplasty and age-matched controls.

Kerrigan et al. (2002) published the results of the BRAVO (Breast Reduction: Assessment of Value and Outcomes) study, a registry of 179 women undergoing reduction mammoplasty.<sup>14</sup> Women were asked to complete quality of life questionnaires and a physical symptom count both before and after surgery. The physical symptom count focused on the number of symptoms present that were specific to breast hypertrophy and included upper back pain, rashes, bra strap grooves, neck pain, shoulder pain, numbness, and arm pain. Also, the weight and volume of resected tissue were recorded. Results were compared with a control group of patients with breast hypertrophy, defined as size DD bra cup, and normal-sized breasts, who were recruited from the general population. The authors proposed that the presence of 2 physical symptoms might be an appropriate cutoff for determining medical necessity for breast reduction. For example, while 71.6% of the hypertrophic controls reported none or 1 symptom, only 12.4% of those considered surgical candidates reported none or 1 symptom. This

observation is difficult to evaluate because the study did not report how surgical candidacy was determined. The authors also reported that none of the traditional criteria for determining medical necessity for breast reduction surgery (height, weight, body mass index, bra cup size, or weight of resected breast tissue) had a statistically significant relation with outcome improvement. The authors concluded that the determination of medical necessity should be based on patients' self-reported symptoms rather than more objectively measured criteria (e.g., the weight of excised breast tissue).

### Adverse Events

Thibaudeau et al. (2010) conducted a systematic review to evaluate breastfeeding after reduction mammoplasty.<sup>15</sup> After a review of literature from 1950 through 2008, reviewers concluded that reduction mammoplasty does not reduce the ability to breastfeed. In women who had reduction mammoplasty, breastfeeding rates were comparable in the first month postpartum to rates in the general population in North America.

Chen et al. (2011) reported on a review of claims data to compare complication rates after breast surgery in 2,403 obese and 5,597 nonobese patients.<sup>16</sup> Of these patients, breast reduction was performed in 1939 (80.7%) in the study group and 3569 (63.8%) in the control group. Obese patients had significantly more claims for complications within 30 days after breast reduction surgery (14.6%) than nonobese patients (1.7%;  $p < 0.001$ ). Complications included inflammation, infection, pain, and seroma/hematoma development. Shermak et al. (2011) also reported on a review of claims data comparing complication rates by age after breast reduction surgery in 1192 patients.<sup>17</sup> Infection occurred more frequently in patients older than 50 years of age (odds ratio, 2.7;  $p = 0.003$ ). Additionally, women older than 50 years experienced more wound healing problems (odds ratio, 1.6;  $p = 0.09$ ) and reoperative wound debridement (odds ratio, 5.1;  $p = 0.07$ ). Other retrospective evaluations (2013, 2014) of large population datasets have reported increased incidences of perioperative and postoperative complications with high body mass index.<sup>18,19</sup>

### Section Summary: Reduction Mammoplasty for Macromastia-Efficacy in Reducing Symptoms

Systematic reviews, randomized trials, and observational studies have shown that several measures of function and quality of life improve after reduction mammoplasty.

### Summary of Evidence

For individuals who have symptomatic macromastia who receive reduction mammoplasty, 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 mammoplasty 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 mammoplasty. 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.

### Supplemental Information

#### Practice Guidelines and Position Statements

The purpose of the remaining sections in Supplemental Information is to provide reference material regarding existing practice guidelines and position statements, U.S. Preventive Services Task Force Recommendations and Medicare National Coverage Decisions and registered, ongoing clinical trials. Inclusion in the Supplemental Information does not imply endorsement and information may not necessarily be used in formulating the evidence review conclusions. Guidelines or position statements will be considered for inclusion in 'Supplemental Information if they were issued by, or jointly by, a US professional society, an international society with US representation, or National Institute for Health and Care Excellence (NICE). Priority will be given to guidelines that are informed by a systematic review, include strength of evidence ratings, and include a description of management of conflict of interest.

### American Society of Plastic Surgeons

In 2011, the American Society of Plastic Surgeons (ASPS) issued practice guidelines and a companion document on criteria for third-party payers for reduction mammoplasty.<sup>20,21</sup> The ASPS found that level I evidence has shown reduction mammoplasty is effective in treating symptomatic breast hypertrophy, which "is defined as a syndrome of persistent neck and shoulder pain, painful shoulder grooving from brassiere straps, chronic intertriginous rash of the inframammary fold, and frequent episodes of headache, backache, and neuropathies caused by heavy breasts caused by an increase in the volume and weight of breast tissue beyond normal proportions." The ASPS also indicated the volume or weight of breast tissue resection should not be criteria for reduction mammoplasty. If 2 or more symptoms are present all or most of the time, reduction mammoplasty is appropriate. This practice guideline has been officially archived and an update is currently underway.

### U.S. Preventive Services Task Force Recommendations

Not applicable.

### Medicare National Coverage

There is no national coverage determination. In the absence of a national coverage determination, coverage decisions are left to the discretion of local Medicare carriers.

### Ongoing and Unpublished Clinical Trials

A search of ClinicalTrials.gov in December 2020 did not identify any ongoing or unpublished trials that would likely influence this review.

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## Documentation for Clinical Review

### Please provide the following documentation:

- **History and physical and/or consultation notes including:**
  - Pain symptoms and duration
  - Documented intertrigo and duration, if applicable
  - Conservative treatment(s) duration and response

### Post Service (in addition to the above, please include the following):

- Procedure report

## Coding

*This Policy relates only to the services or supplies described herein. Benefits may vary according to product design; therefore, contract language should be reviewed before applying the terms of the Policy. Inclusion or exclusion of codes does not constitute or imply member coverage or provider reimbursement.*

Type	Code	Description
CPT®	19318	Breast reduction ( <b>Code revision effective 1/1/2021</b> )
HCPCS	None	

## Policy History

This section provides a chronological history of the activities, updates and changes that have occurred with this Medical Policy.

Effective Date	Action
12/04/2015	BCBSA Medical Policy adoption
04/01/2016	Policy revision without position change
04/01/2017	Policy revision without position change
04/01/2018	Policy revision without position change
04/01/2019	Policy revision without position change
05/01/2020	Annual review. No change to policy statement. Literature review updated. Policy title changed from Reduction Mammoplasty for Breast-Related Symptoms to current one.
01/01/2021	Coding update
04/01/2021	Annual review. No change to policy statement. Literature review updated.

## Definitions of Decision Determinations

**Medically Necessary:** Services that are Medically Necessary include only those which have been established as safe and effective, are furnished under generally accepted professional standards to treat illness, injury or medical condition, and which, as determined by Blue Shield, are: (a) consistent with Blue Shield medical policy; (b) consistent with the symptoms or diagnosis; (c) not furnished primarily for the convenience of the patient, the attending Physician or other provider; (d) furnished at the most appropriate level which can be provided safely and effectively to the patient; and (e) not more costly than an alternative service or sequence of services at least as likely to produce equivalent therapeutic or diagnostic results as to the diagnosis or treatment of the Member's illness, injury, or disease.

**Investigational/Experimental:** A treatment, procedure, or drug is investigational when it has not been recognized as safe and effective for use in treating the particular condition in accordance with generally accepted professional medical standards. This includes services where approval by the federal or state governmental is required prior to use, but has not yet been granted.

**Split Evaluation:** Blue Shield of California/Blue Shield of California Life & Health Insurance Company (Blue Shield) policy review can result in a split evaluation, where a treatment, procedure, or drug will be considered to be investigational for certain indications or conditions, but will be deemed safe and effective for other indications or conditions, and therefore potentially medically necessary in those instances.

## Prior Authorization Requirements (as applicable to your plan)

Within five days before the actual date of service, the provider must confirm with Blue Shield that the member's health plan coverage is still in effect. Blue Shield reserves the right to revoke an authorization prior to services being rendered based on cancellation of the member's eligibility. Final determination of benefits will be made after review of the claim for limitations or exclusions.

Questions regarding the applicability of this policy should be directed to the Prior Authorization Department at (800) 541-6652, or the Transplant Case Management Department at (800) 637-2066 ext. 3507708 or visit the provider portal at [www.blueshieldca.com/provider](http://www.blueshieldca.com/provider).

*Disclaimer: This medical policy is a guide in evaluating the medical necessity of a particular service or treatment. Blue Shield of California may consider published peer-reviewed scientific literature, national guidelines, and local standards of practice in developing its medical policy. Federal and state law, as well as contract language, including definitions and specific contract provisions/exclusions, take precedence*

**7.01.21 Reduction Mammoplasty**

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*over medical policy and must be considered first in determining covered services. Member contracts may differ in their benefits. Blue Shield reserves the right to review and update policies as appropriate.*

**Appendix A**

POLICY STATEMENT (No changes)	
BEFORE	AFTER
<p><b>Reduction Mammoplasty 7.01.21</b></p> <p><b>Policy Statement:</b>                      Reduction mammoplasty may be considered <b>medically necessary</b> for the treatment of macromastia when well-documented clinical symptoms are present, including but not limited to <b>either</b> of the following:</p> <ul style="list-style-type: none"> <li>• Documentation of a minimum 6-week history of shoulder, neck, or back pain related to macromastia not responsive to conservative therapy, such as an appropriate support bra, exercises, heat/cold treatment, and appropriate nonsteroidal anti-inflammatory agents or muscle relaxants</li> <li>• Recurrent or chronic intertrigo between the pendulous breast and the chest wall</li> </ul> <p>Reduction mammoplasty is considered <b>investigational</b> for all other indications not meeting the above criteria.</p>	<p><b>Reduction Mammoplasty 7.01.21</b></p> <p><b>Policy Statement:</b>                      Reduction mammoplasty may be considered <b>medically necessary</b> for the treatment of macromastia when well-documented clinical symptoms are present, including but not limited to <b>either</b> of the following:</p> <ol style="list-style-type: none"> <li>I. Documentation of a minimum 6-week history of <a href="#">shoulder, neck, or back pain</a> related to macromastia not responsive to conservative therapy, such as an appropriate support bra, exercises, heat/cold treatment, and appropriate nonsteroidal anti-inflammatory agents or muscle relaxants</li> <li>II. Recurrent or chronic intertrigo between the pendulous breast and the chest wall</li> </ol> <p>Reduction mammoplasty is considered <b>investigational</b> for all other indications not meeting the above criteria.</p>