

ASPS Recommended Insurance Coverage Criteria for Third-Party Payers

Reduction Mammoplasty

BACKGROUND

The justification for reduction mammoplasty should be based on the probability of relieving the clinical signs and symptoms of macromastia. Because it is difficult to determine the size at which breast enlargement becomes pathologic in any individual, it is the position of ASPS that the definition of macromastia should focus on the degree of symptomology, not the degree of breast hypertrophy present (cup size or amount of tissue removed).

DEFINITION: COSMETIC AND RECONSTRUCTIVE SURGERY

For reference, the following definitions of cosmetic and reconstructive surgery were adopted by the American Medical Association in 1989:

Cosmetic surgery is performed to reshape normal structures of the body in order to improve the patient's appearance and self-esteem.

Reconstructive surgery is performed on abnormal structures of the body, caused by congenital defects, developmental abnormalities, trauma, infection, tumors or disease. It is generally performed to improve function, but may also be done to approximate a normal appearance.

POLICY

Reduction mammoplasty is considered reconstructive surgery and medically necessary for symptomatic macromastia patients when the following criteria are met:

- Documentation of the severity of the symptoms of macromastia (ICD-9: 611.1) and impact on health related quality of life as measured by a breast specific questionnaire that at least two of the following signs:
 - Chronic breast pain (ICD-9: 611.71) due to weight of the breasts
 - Intertrigo (ICD-9: 695.89) unresponsive to medical management
 - Upper back, neck, and shoulder pain (ICD-9: 724.1, 723.1, 723.9)
 - Backache, unspecified (ICD-9: 724.5)
 - Thoracic kyphosis, acquired (ICD-9: 737.10)
 - Shoulder grooving from bra straps (ICD-9: 738.3)
 - Upper extremity paresthesia (ICD-9: 782.0) due to brachial plexus compression syndrome secondary to the weight of the breasts being transferred to the shoulder strap area
 - Headache (ICD-9: 784.0)
 - Congenital breast deformity (ICD-9: 757.6)

■ Weight of breast tissue resection:

- The removal of a specified amount of breast tissue has not been correlated with a reduction or elimination of symptoms. Virtually all women who underwent breast reduction for symptomatic hypertrophy experienced an improvement in their symptoms and health related quality of life, regardless of the weight of breast tissue removed.^{10,19,20}
- Therefore, coverage should be based on documentation of symptoms of macromastia (see above) regardless of body weight or weight of breast tissue removed.

■ CPT Coding:

- 19318 Unilateral reduction mammoplasty
- 19318-50 Opposite breast reduction mammoplasty
- 19318-52 Unilateral liposuction only

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* Landmark Study

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