Nonpharmacologic Treatment of Rosacea

BCBSA Ref. Policy: 2.01.71
Effective Date: June 1, 2018
Last Revised: June 1, 2018
Replaces: 2.01.519

RELATED MEDICAL POLICIES:
10.01.514 Cosmetic and Reconstructive Services

Introduction

Rosacea is a long-lasting skin condition that affects adults. It usually affects more women than men. And while it can affect anyone, it usually occurs more frequently in people with fair skin. Typically, rosacea affects adults between the ages of 20 and 60. It often creates redness on the cheeks, nose, chin, or forehead. It can also affect the neck, chest, scalp, or ears. The redness tends to become more persistent over time, with little blood vessels appearing. Bumps and pimples may also develop. In some people, the nose becomes swollen or bumpy due to extra tissue. (This is known as rhinophyma.) While rosacea can’t be cured, medication is effective in controlling symptoms. Other treatments, such as laser or light therapy or removing the top layers of the skin (dermabrasion), have been tried. These types of rosacea treatments are investigational (unproven). Published medical studies do not conclusively prove that they work as well as or better than using medication. More and longer studies are needed.

Note: The Introduction section is for your general knowledge and is not to be taken as policy coverage criteria. The rest of the policy uses specific words and concepts familiar to medical professionals. It is intended for providers. A provider can be a person, such as a doctor, nurse, psychologist, or dentist. A provider also can be a place where medical care is given, like a hospital, clinic, or lab. This policy informs them about when a service may be covered.
Nonpharmacologic treatment of rosacea, including but not limited to laser and light therapy, dermabrasion, chemical peels, surgical debulking, and electrosurgery, is considered investigational.

### Coding

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
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<tbody>
<tr>
<td>17106</td>
<td>Destruction of cutaneous vascular proliferative lesions (eg, laser technique); less than 10 sq. cm</td>
</tr>
<tr>
<td>17107</td>
<td>Destruction of cutaneous vascular proliferative lesions (eg, laser technique); 10.0 to 50.0 sq. cm</td>
</tr>
<tr>
<td>17108</td>
<td>Destruction of cutaneous vascular proliferative lesions (eg, laser technique); over 50.0 sq. cm</td>
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### Related Information

N/A

### Evidence Review

**Description**

Rosacea is a chronic, inflammatory skin condition without a known cure; the goal of treatment is symptom management. Nonpharmacologic treatments, including laser and light therapy as well
as dermabrasion, which are the focus of this evidence review, are proposed for patients who do not want to use or are unresponsive to pharmacologic therapy.

**Background**

Rosacea is characterized by episodic erythema, edema, papules, and pustules that occur primarily on the face but may also be present on the scalp, ears, neck, chest, and back. On occasion, rosacea may affect the eyes. Patients with rosacea tend to flush or blush easily. Because rosacea causes facial swelling and redness, it is easily confused with other skin conditions, such as acne, skin allergy, and sunburn.

Rosacea mostly affects adults with fair skin between the ages of 20 and 60 years and is more common in women, but often most severe in men. Rosacea is not life-threatening, but if not treated, may lead to persistent erythema, telangiectasias, and rhinophyma (hyperplasia and nodular swelling and congestion of the skin of the nose). The etiology and pathogenesis of rosacea are unknown but may result from both genetic and environmental factors. Some theories on the causes of rosacea include blood vessel disorders, chronic Helicobacter pylori infection, demodex folliculorum (mites), and immune system disorders.

While the clinical manifestations of rosacea do not usually impact the physical health status of the patient, psychological consequences from the most visually apparent symptoms (ie, erythema, papules, pustules, telangiectasias) that may impact the quality of life. Rhinophyma, an end-stage of chronic acne, has been associated with obstruction of nasal passages and basal cell carcinoma in rare, severe cases. The probability of developing nasal obstruction or basal or squamous cell carcinoma with rosacea is not sufficiently great to warrant preventive removal of rhinophymatous tissue.

**Treatment**

Rosacea treatment can be effective to relieve its signs and symptoms. Treatment may include oral and topical antibiotics, isotretinoin, β-blockers, clonidine, and anti-inflammatories. Patients are also instructed on various self-care measures such as avoiding skin irritants and dietary items thought to exacerbate acute flare-ups. Nonpharmacologic therapy has also been tried in patients who cannot tolerate or do not want to use pharmacologic treatments. To reduce visible blood vessels, treat rhinophyma, reduce redness, and improve appearance, various techniques have been used such as laser and light therapy, dermabrasion, chemical peels, surgical debulking, and electrosurgery. Various lasers used include low-powered electrical devices and
vascular light lasers to remove telangiectasias, CO2 lasers to remove unwanted tissue from rhinophyma and reshape the nose and intense pulsed lights that generate multiple wavelengths to treat a broader spectrum of tissue.

Summary of Evidence

For individuals who have rosacea who receive nonpharmacologic treatment (eg, laser therapy, light therapy, dermabrasion), the evidence includes several small randomized, split-face design trials. Relevant outcomes are symptoms, change in disease status, and treatment-related morbidity. None of the randomized controlled trials included a comparison group of patients receiving a placebo or pharmacologic treatment; therefore, these trials do not offer definitive evidence on the efficacy of nonpharmacologic treatment compared with alternative treatments. There is a need for randomized controlled trials that compare nonpharmacologic treatments with placebo controls and with pharmacologic treatments. The evidence is insufficient to determine the effects of the technology on health outcomes.

Ongoing and Unpublished Clinical Trials

Some currently unpublished trials that might influence this review are listed in Table 1.

Table 1. Summary of Key Trials

<table>
<thead>
<tr>
<th>NCT No.</th>
<th>Trial Name</th>
<th>Planned Enrollment</th>
<th>Completion Date</th>
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<tr>
<td><strong>Ongoing</strong></td>
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<td></td>
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<tr>
<td>NCT02075671a</td>
<td>Photodynamic Therapy for Papulopustular Rosacea</td>
<td>30</td>
<td>Aug 2018</td>
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<tr>
<td>NCT03211585</td>
<td>Evaluation Of The Effect Of The Perfecta V-Beam Laser On Rosacea (Facial Redness, Telangiectasias And Photodamage)</td>
<td>20</td>
<td>Dec 2018</td>
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<tr>
<td>NCT03194698</td>
<td>Efficacy of Intense Pulsed Light Treatment of Dry Eye and Ocular Rosacea</td>
<td>20</td>
<td>Dec 2018</td>
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NCT: national clinical trial.

a Denotes industry-sponsored or cosponsored trial.
Practice Guidelines and Position Statements

American Acne and Rosacea Society

In 2014, the American Acne and Rosacea Society issued consensus recommendations on the management of rosacea. The Society stated that lasers and intensely pulsed light devices could improve certain clinical manifestations of rosacea that have not responded to medical therapy. The recommendations indicated that these therapies would have to be repeated intermittently to sustain improvement.

American Academy of Dermatology

In 2017, the American Academy of Dermatology (AAD) released online guidance for treatment and management of rosacea. AAD encouraged patients to identify their triggers to minimize symptoms, including protection from exposure to the sun, heat, stress, alcohol, and spicy foods. AAD indicated that “laser or light therapy may be considered to reduce visible blood vessels. Thickening of the skin associated with may be treated with laser skin resurfacing.” AAD also stated that “researchers continue to study how lasers and light treatments can treat rosacea. As we learn more, these devices may play a bigger role in treating rosacea.”

National Institutes for Health and Care Excellence

In 2017, National Institutes for Health and Care Excellence published online pathways addressing skin damage and skin conditions. Pathways provide guidance on the use of topical agents to manage rosacea. There are no pathways, guidance, or recommendations on nonpharmacologic treatments for rosacea.

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.
Regulatory Status

Several laser and light therapy systems have been cleared for marketing by the U.S. Food and Drug Administration through the 510(k) process for various dermatologic indications, including rosacea. For example, rosacea is among the indications for:

- **Candela®** pulse dye laser system (Candela, Wayland, MA)
- **Lumenis®** One Family of Systems IPL component (Lumenis, Santa Clara, CA)
- **Harmony®** XL multi-application platform laser device (Alma Lasers, Israel)
- **UV-300 Pulsed Light Therapy System** (New Star Lasers, Roseville, CA)
- **CoolTouch® PRIMA Pulsed Light Therapy System** (New Star Lasers, Roseville, CA).

FDA product code: GEX.

References


### History

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<th>Date</th>
<th>Comments</th>
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<tbody>
<tr>
<td>03/01/18</td>
<td>Policy reinstated, approved February 13, 2018, effective June 1, 2018. This policy was previously deleted, but now replaces policy 2.01.519. Nonpharmacologic treatment of rosacea is considered investigational.</td>
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<tr>
<td>06/01/18</td>
<td>Minor update; removed note and link to previous policy 2.01.519 which has been deleted.</td>
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U.S. Department of Health and Human Services
200 Independence Avenue SW, Room S9FF, HHH Building
Washington, D.C. 20201, 1-800-368-1019, 800-537-7697 (TDD)


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