Rhinoplasty

Introduction

Problems with the nose or sinuses are one of the most common reasons people go to the doctor. The usual complaint is that it’s difficult to breathe through the nose. The problems may be caused by sicknesses such as sinus inflammation or allergies, deformities, or diseases or conditions that cause growths inside the nose. Surgery to reshape the nose (rhinoplasty) may be necessary when there is extensive disease that restricts airflow. This policy identifies the criteria needed for a rhinoplasty to be covered as medically necessary. (Surgery to reshape the nose for appearance only is cosmetic and not covered.)

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.

Policy Coverage Criteria

Site of service is defined as the location where the surgical procedure is performed, such as an off campus-outpatient hospital or medical center, an on campus-outpatient hospital or medical center, an ambulatory surgical center, or an inpatient hospital or medical center.
<table>
<thead>
<tr>
<th>Site of Service for Elective Surgical Procedures</th>
<th>Medical Necessity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medically necessary sites of service:</td>
<td>Certain elective surgical procedures will be covered in the most appropriate, safe, and cost effective site. These are the preferred medically necessary sites of service for certain elective surgical procedures.</td>
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<tr>
<td>• Off campus-outpatient hospital/medical center</td>
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<tr>
<td>• On campus-outpatient hospital/medical center</td>
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<tr>
<td>• Ambulatory Surgical Center</td>
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<tr>
<td>Inpatient hospital/medical center</td>
<td>Certain elective surgical procedures will be covered in the most appropriate, safe, and cost-effective site. This site is considered medically necessary only when the patient has a clinical condition which puts him or her at increased risk for complications including any of the following (this list may not be all inclusive):</td>
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<tr>
<td>• Anesthesia Risk</td>
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<td>• ASA classification III or higher (see definition)</td>
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<tr>
<td>• Personal history of complication of anesthesia</td>
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<tr>
<td>• Documentation of alcohol dependence or history of cocaine use</td>
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<tr>
<td>• Prolonged surgery (&gt;3 hours)</td>
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<tr>
<td>• Cardiovascular Risk</td>
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<tr>
<td>• Uncompensated chronic heart failure (NYHA class III or IV)</td>
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<tr>
<td>• Recent history of myocardial infarction (MI) (&lt;3 months)</td>
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<tr>
<td>• Poorly controlled, resistant hypertension*</td>
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<tr>
<td>• Recent history of cerebrovascular accident (&lt; 3 months)</td>
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<tr>
<td>• Increased risk for cardiac ischemia (drug eluting stent placed &lt; 1 year or angioplasty &lt;90 days)</td>
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<tr>
<td>• Symptomatic cardiac arrhythmia despite medication</td>
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<tr>
<td>• Significant valvular heart disease</td>
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<tr>
<td>• Liver Risk</td>
<td></td>
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<tr>
<td>• Advance liver disease (MELD Score &gt; 8)**</td>
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<tr>
<td>• Pulmonary Risk</td>
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<tr>
<td>• Chronic obstructive pulmonary disease (COPD) (FEV1 &lt;50%)</td>
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<tr>
<td>• Poorly controlled asthma (FEV1 &lt;80% despite treatment)</td>
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### Site of Service for Elective Surgical Procedures

<table>
<thead>
<tr>
<th>Medical Necessity</th>
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</thead>
</table>
| o Moderate to severe obstructive sleep apnea (OSA)**
| • Renal Risk
| o End stage renal disease (on dialysis)
| • Other
| o Morbid obesity (BMI ≥ 50)
| o Pregnancy
| o Bleeding disorder (requiring replacement factor, blood products, or special infusion product [DDAVP**** does not meet this criteria])
| o Anticipated need for transfusion(s)

* 3 or more drugs to control blood pressure
*** Moderate-AHI≥15 and ≤ 30, Severe-AHI ≥30
****DDAVP-Deamino-Delta-D-Arginine Vasopressin (Desmopressin)

<table>
<thead>
<tr>
<th>Inpatient hospital/medical center</th>
<th>This site of service is considered NOT medically necessary for certain elective surgical procedures when the site of service criteria listed above are not met.</th>
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</table>

### Procedure

<table>
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<tr>
<th>Medical Necessity</th>
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</table>
| **Rhinoplasty – Deformity**  
Rhinoplasty may be considered medically necessary:
• To correct a nasal deformity secondary to cleft lip or cleft palate or other congenital craniofacial deformity |
| **Rhinoplasty – Obstruction**  
Rhinoplasty may be considered medically necessary for nasal obstruction when the following criteria are met:
• Clinical findings of collapsed internal nasal valve at rest or collapsed external nasal valve (lateral walls) with inspiration (nasal vestibular stenosis)
OR
• To correct a nasal deformity secondary to trauma that is causing nasal airway obstruction
AND
• Patient has symptoms of nasal obstruction (difficulty breathing |
**Medical Necessity**

or chronic rhinosinusitis [inflammation/swelling of the nasal passages and/or sinus cavities]) affecting quality of life

AND

- Infection, allergy, rhinitis, and polyps have been ruled out as the primary cause of nasal obstruction as evidenced by:
  - Obstructive symptoms persist despite conservative management for 8 weeks or greater of one of the following:
    - Decongestants or antihistamines
    - Nasal lavage
    - Oral steroids or intranasal steroids
    - At least one 10 day course of antibiotics for rhinosinusitis
    - Allergy assessment and treatment

**Rhinoplasty – Prevention**

Rhinoplasty may be considered medically necessary to prevent development of nasal obstruction after removal of large cutaneous defect (e.g., cutaneous malignancy).

**Coding**

<table>
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<tr>
<th>Code</th>
<th>Description</th>
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<tbody>
<tr>
<td>CPT</td>
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<tr>
<td>30400</td>
<td>Rhinoplasty, primary; lateral and alar cartilages and/or elevation of nasal tip</td>
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<tr>
<td>30410</td>
<td>Rhinoplasty, primary; complete, external parts including bony pyramid, lateral and alar cartilages, and/or elevation of nasal tip</td>
</tr>
<tr>
<td>30420</td>
<td>Rhinoplasty, primary; including major septal repair</td>
</tr>
<tr>
<td>30430</td>
<td>Rhinoplasty, secondary; minor revision (small amount of nasal tip work)</td>
</tr>
<tr>
<td>30435</td>
<td>Rhinoplasty, secondary; intermediate revision (bony work with osteotomies)</td>
</tr>
<tr>
<td>30450</td>
<td>Rhinoplasty, secondary; major revision (nasal tip work and osteotomies)</td>
</tr>
</tbody>
</table>

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Definition of Terms

**Acquired nasal abnormalities:** Acquired abnormalities include enlarged adenoids, foreign bodies, disorders of the nasal septum, and abnormalities of the nasal valve, tumors, and nasal polyps.

**American Society of Anesthesiologists (ASA) Score:**

- **ASA 1** A normal healthy patient.
- **ASA 2** A patient with mild systemic disease.
- **ASA 3** A patient with severe systemic disease.
- **ASA 4** A patient with severe systemic disease that is a constant threat to life.
- **ASA 5** A moribund patient who is not expected to survive.

**Congenital nasal abnormalities:** Congenital abnormalities that cause nasal obstruction, such as congenital pyriform aperture stenosis, choanal atresia, and deviation of the septum that may present emergently after birth.

**Cosmetic:** In this policy, cosmetic services are those which are primarily intended to preserve or improve appearance. Cosmetic surgery is performed to reshape normal structures of the body in order to improve the patient’s appearance or self-esteem.

**Nasal obstruction:** Breathing symptom often described as a sensation of insufficient airflow through the nose.

**New York Heart Association (NYHA) Classification:**

- **Class I** No symptoms and no limitation in ordinary physical activity, e.g. shortness of breath when walking, climbing stairs etc.
- **Class II** Mild symptoms (mild shortness of breath and/or angina) and slight limitation during ordinary activity.
- **Class III** Marked limitation in activity due to symptoms, even during less-than-ordinary activity, eg, walking short distances (20–100 m). Comfortable only at rest.
- **Class IV** Severe limitations. Experiences symptoms even while at rest. Mostly bedbound patients.

**Physical functional impairment:** In this policy, physical functional impairment means a limitation from normal (or baseline) level of physical functioning that may include, but is not
limited to, problems with ambulation, mobilization, communication, respiration, eating, swallowing, vision, facial expression, skin integrity, distortion of nearby body part(s) or obstruction of an orifice. The physical functional impairment can be due to structure, congenital deformity, pain, or other causes. Physical functional impairment excludes social, emotional and psychological impairments or potential impairments.

**Reconstructive surgery:** In this policy, reconstructive surgery refers to surgeries 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.

**Rhinoplasty:** A surgical procedure that is performed to change the shape and/or size of the nose or to correct a broad range of nasal defects. Cosmetic rhinoplasty can transform normal nasal structures to a more satisfactory appearance. Reconstructive rhinoplasty transforms nasal abnormalities or damaged nasal structures to a more normal state.

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**Evidence Review**

**Description**

Nasal and sinus complaints are among the most common reasons for visits to primary care clinicians, otolaryngologists, and allergists. Although some clinicians consider nasal obstruction to imply a blockage within the nasal cavity, nasal obstruction is most commonly defined as a patient symptom manifested as a sensation of insufficient airflow through the nose. Nasal obstruction may be the cardinal presenting symptom of many common disease processes, such as rhinitis, sinusitis, septal deviation, adenoid hypertrophy, and nasal trauma.\(^4\)

Underlying causes of nasal obstruction include both mucosal disorders (medication-induced, infectious, and inflammatory conditions) and structural abnormalities (congenital deformities, acquired disease, trauma, tumors).\(^4\)

The surgical repair of nasal trauma and congenital defects often involves complex, staged procedures. Because of the disordered growth potential of nasal birth defects and childhood trauma, secondary surgery may be required after the child reaches adulthood to compensate for growth of the surrounding normal tissues. Deformities may be associated with other skeletal alterations which contribute to facial asymmetry. Graft and/or flaps are often used to correct deficiencies.\(^5\)
Summary of Evidence

Nasal fracture is the most common bone injury of the adult face and frequently results from motor vehicle accidents, sport-related injuries, and altercations. Although often initially considered minor, nasal fracture may eventually result in significant cosmetic or functional defects. Optimal management of nasal trauma in the acute setting is critical in minimizing secondary nasal deformities. In recent years, numerous guidelines have been described to refine and optimize acute nasal trauma management. However restoration of pretraumatic form and function remains a challenge. Commonly the product of a poorly addressed underlying structural injury, posttraumatic nasal deformity requiring subsequent rhinoplasty or septrhinoplasty remains in as many as 50 percent of cases.9

Moore and Eccles (2011) performed a systematic review to identify if there are functional benefits of septal surgery and evidence of a change in patency of the nasal airway as assessed by objective methods such as rhinomanometry, acoustic rhinometry and peak nasal inspiratory flow. They reviewed seven studies involving rhinomanometry, six studies with acoustic rhinometry and one study using nasal peak inspiratory flow. All of the studies reported an objective improvement in nasal patency after septal surgery.

References


### History

<table>
<thead>
<tr>
<th>Date</th>
<th>Comments</th>
</tr>
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<tbody>
<tr>
<td>12/08/14</td>
<td>New policy. Add to Surgery section. Considered medically necessary when criteria are met.</td>
</tr>
<tr>
<td>01/05/15</td>
<td>Update Related Policies. Add 7.01.105.</td>
</tr>
<tr>
<td>05/27/15</td>
<td>Annual Review. Added the words nasal vestibular stenosis to policy statement for clarity. No new references added.</td>
</tr>
<tr>
<td>02/09/16</td>
<td>Annual Review. Minor edit. No changes in policy statements. No references added.</td>
</tr>
<tr>
<td>08/01/16</td>
<td>Updated Related Policies. Remove 7.01.105 as this policy was deleted and content moved to 7.01.559. Corrected link for reference 5.</td>
</tr>
<tr>
<td>10/11/16</td>
<td>Policy moved into new format; no change to policy statements.</td>
</tr>
<tr>
<td>02/01/17</td>
<td>Annual Review, approved January 10, 2017. Changed title of policy from Rhinoplasty and Septoplasty Surgery to Rhinoplasty. Removed all language referring to Septoplasty.</td>
</tr>
<tr>
<td>03/01/18</td>
<td>Interim Review, approved February 27, 2018. Note added that this policy has been revised. Added Surgery Site of Service criteria, which becomes effective June 1, 2018.</td>
</tr>
<tr>
<td>06/01/18</td>
<td>Minor update; removed note and link to updated policy. Surgery Site of Service criteria becomes effective.</td>
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</tbody>
</table>
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Toll free 855-332-4535, Fax 425-918-5592. TTY 800-842-5357
Email AppealsDepartmentInquiries@Premera.com

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U.S. Department of Health and Human Services
200 Independence Avenue SW, Room S09F, HHH Building

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Hmong (Hmong): Tsab ntawv tshaj xo no muaj cov ntshiab lus tseem ceeb. Tej taun tsab ntawv tshaj xo no muaj cov ntshiab lus tseem ceeb bxog koy daining ntawv thov koy kev pab los yoy koy qho kev pab kuam los ntawm Premera Blue Cross. Tej taun muaj cov hrule tseem ceeb uss sau rau hauv daining ntawv no. Tej taum koy koy juv yau uu qee yam us peb kom koy us tsas rob dhat cov caj nyeg yam us teev tseg rau hauv daining ntawv no mas koy tshaj yauv taub baiis kev pab kuam kho moh los yoy koy kev pab them tji nqi koh moh ntawv. Koy muaj cai kom lawv muab cov ntshiab lus no us tae mtuab sau us koy hom lus pub dawb rau koy. Hu rau 800-722-1471 (TTY: 800-842-5357).

Ilokano (Ilocano): Daytoy a Pakdaar ket naglaon iit Napateg nga Impormasion. Daytoy a pakdaar mabalain nga adda ket naglaon iit napateg nga impormalsi maipanggep iit aplikasyonowy no coverage babaen iit Premera Blue Cross. Daytoy ket mabalain dagiti importante a pelsa iit daytoy a pakdaar. Mabalain nga adda rumbeng nga aramideng nga addang sakkay dagiti partikular a naituding nga adda aldaw tapno mapagtalainayoyo ti coverage ti salun-atyo wenno tulong kadagiti gastos. Adda karbenganyo a mangala iit daytoy nga impormasion ken tulong iit bukodyo a pagasaa nga awan ti bayadanyo. Tumawag ti numero nga 800-722-1471 (TTY: 800-842-5357).


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