ORAL APPLIANCES AND ORAL SURGICAL SPLINTS

Coverage for services, procedures, medical devices and drugs are dependent upon benefit eligibility as outlined in the member’s specific benefit plan. This Medical Coverage Guideline must be read in its entirety to determine coverage eligibility, if any.

The section identified as “Description” defines or describes a service, procedure, medical device or drug and is in no way intended as a statement of medical necessity and/or coverage.

The section identified as “Criteria” defines criteria to determine whether a service, procedure, medical device or drug is considered medically necessary or experimental or investigational.

State or federal mandates, e.g., FEP program, may dictate that any drug, device or biological product approved by the U.S. Food and Drug Administration (FDA) may not be considered experimental or investigational and thus the drug, device or biological product may be assessed only on the basis of medical necessity.

Medical Coverage Guidelines are subject to change as new information becomes available.

For purposes of this Medical Coverage Guideline, the terms "experimental" and "investigational" are considered to be interchangeable.

Description:

Oral Appliances:
Oral appliances are removable acrylic appliances worn over the teeth which are used for minimizing the effects of occlusal factors, treating temporomandibular joint (TMJ) diseases non-surgically and treating TMJ-related disorders such as capsulitis, myalgia, bruxism, oral dyskinesia and oral dystonia. They may be custom-made or not custom-made and purchased over-the-counter.

Oral appliances include, but are not limited to:

- Anterior bite stops
- Night guards
- Occlusal guards/splints
- Occlusal orthotic devices
- Nociceptive Trigeminal Inhibitors
- Nociceptive Trigeminal Inhibition Tension Suppression Systems (NTI-tss devices)
ORAL APPLIANCES AND ORAL SURGICAL SPLINTS (cont.)

**Description:** (cont.)

**Oral Surgical Splints:**
Oral surgical splints are used in association with oral surgical procedures. They are also used to treat TMJ diseases non-surgically and for treating TMJ-related disorders such as locked jaw, capsulitis, myalgia, oral dyskinesia and oral dystonia. To make or fabricate an oral surgical splint, an impression is made of the area and the physician customizes the splint from the cast model of the impression.

One oral surgical splint is described as either a mandibular (lower) splint or a maxillary (upper) splint. One or both may be used in the non-surgical treatment of TMJ diseases or the TMJ-related disorders listed above (i.e., locked jaw, etc.).

An oral surgical splint may also be known as:

- Flat lower splint
- Maxillary anterior repositioning splint
- Maxillary stabilization appliance
- Stabilization appliance

**Criteria:**

**Oral Appliances:**

For oral appliances for the treatment of obstructive sleep apnea syndrome or snoring, refer to BCBSAZ Medical Coverage Guideline, “Sleep Apnea and Upper Airway Resistance Syndrome Treatments”.

- Custom made oral appliances for the non-surgical treatment of TMJ diseases and TMJ-related disorders are considered medically necessary.

TMJ-related disorders include but are not limited to:

- Capsulitis
- Myalgia
- Bruxism
- Oral dyskinesia
- Oral dystonia
ORAL APPLIANCES AND ORAL SURGICAL SPLINTS (cont.)

Criteria: (cont.)

Oral Appliances: (cont.)

- For oral appliances for the treatment of obstructive sleep apnea syndrome or snoring, refer to BCBSAZ Medical Coverage Guideline, “Sleep Apnea and Upper Airway Resistance Syndrome Treatments”.

- Custom made oral appliances for the treatment of headaches, including migraine headaches, are considered experimental and investigational based upon:
  1. Insufficient evidence to support improvement of the net health outcome, and
  2. Insufficient evidence to support improvement of the net health outcome as much as, or more than, established alternatives.

- Non-custom made oral appliances obtained over-the-counter are a benefit plan exclusion and not eligible for coverage.

Oral Surgical Splints:

Surgical Use:

For oral surgical splints for the treatment of obstructive sleep apnea syndrome or snoring, refer to BCBSAZ Medical Coverage Guideline, “Sleep Apnea and Upper Airway Resistance Syndrome Treatments”.

For oral surgical splints used in association with orthognathic surgery, refer to BCBSAZ Medical Coverage Guideline, “Orthognathic Surgery”.

- An oral surgical splint is considered medically necessary with documentation that the splint is fabricated by the surgeon and used in association with an oral surgical procedure.

Non-Surgical Use:

- One oral surgical splint prescribed by a dental provider is considered medically necessary for the non-surgical treatment of TMJ disease or TMJ-related disorders:

  TMJ-related disorders include but are not limited to:

  - Locked jaw
  - Capsulitis
  - Bruxism
  - Myalgia
  - Oral dyskinesia
  - Oral dystonia
ORAL APPLIANCES AND ORAL SURGICAL SPLINTS (cont.)

Criteria: (cont.)

Oral Surgical Splints: (cont.)

Non-Surgical Use: (cont.)

For oral surgical splints for the treatment of obstructive sleep apnea syndrome or snoring, refer to BCBSAZ Medical Coverage Guideline, “Sleep Apnea and Upper Airway Resistance Syndrome Treatments”.

- A second oral surgical splint within a six month period is considered medically necessary when a separate mandibular splint for daytime use is needed due to an individual’s inability to wear a maxillary splint while speaking.

- Requests for more than one oral surgical splint within a six month period will be reviewed by the medical director(s) and/or clinical advisor(s).

- The following treatments for TMJ disease or TMJ-related disorders are considered not medically necessary based upon the procedure being inconsistent with the diagnosis submitted:

  1. More than one oral surgical splint within a six month period for the non-surgical treatment of TMJ disease or TMJ-related disorders that do not meet above criteria
  2. Oral surgical splint for all other indications not previously listed

Resources:


ORAL APPLIANCES AND ORAL SURGICAL SPLINTS (cont.)

**Resources:** (cont.)


FDA 510K Summary for NTI Tension Suppression System:

- **FDA-approved indication:** To be used in the prophylactic treatment of medically diagnosed migraine pain as well as migraine associated tension-type headaches, by reducing their signs and symptoms through reduction of trigeminally innervated muscular activity, and; for the prevention of bruxism and TMJ syndrome through reduction of trigeminally innervated muscular activity.