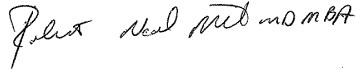


Origination Date: 5/02	Revision Date(s): 2/04, 12/04, 12/05, 12/06, 12/07, 1/09, 2/11
Developed By: Medical Criteria Committee	



**Approved:** Neal Mills MD, MBA      **Date:** 3/15/2011

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**Description:**

**Abdominoplasty**, often referred to as a tummy tuck, is a surgical procedure for a large, pendulous or protruding abdomen, which tightens lax anterior abdominal wall muscles and removes excess abdominal skin and fat. Traditional abdominoplasty can be performed as an open or endoscopic procedure. **Panniculectomy**, a procedure closely related to abdominoplasty, is the surgical excision of an abdominal apron of skin and subcutaneous fat located in the lower abdominal area.

**Criteria:**

Abdominoplasty /Panniculectomy will be covered to plan limitations when **all** of the following criteria are met:

1. The panniculus hangs to or below the level of the pubic symphysis ; **AND**
2. The panniculus causes chronic intertrigo that consistently recurs and has not responded to at least six months of medical treatment (i.e. topical antifungals, topical and/or systemic corticosteroids, and/or local or systemic antibiotics, dressings, meticulous skin hygiene); **AND**
3. The pannus interferes with activities of daily living

**Limitations:**

1. If the procedure is being performed following significant weight loss, in addition to meeting the above criteria, there should be evidence that the patient has maintained a stable weight for at least one year and adheres to a multidisciplinary weight management program that includes diet and exercise. ODS does not cover Abdominoplasty/Panniculectomy for the treatment of back pain. This is considered to be investigational.

**Information to be Submitted with Pre-Authorization Request:**

1. Clinical records from Primary Care Physician or specialist for the past 6 months
2. Pre-operative photographs

**References:**

- ASPS recommended insurance coverage criteria for third-party payers. Surgical treatment of skin redundancy for obese and massive weight loss patients [Internet] Arlington Heights, IL: American Society of Plastic Surgeons January 2007. Accessed February 4, 2011 at: [http://www.plasticsurgery.org/Documents/Medical\\_Professionals/Surgical-Treatment-of-Skin-Redundancy-Following.pdf](http://www.plasticsurgery.org/Documents/Medical_Professionals/Surgical-Treatment-of-Skin-Redundancy-Following.pdf)
- ASPS recommended insurance coverage criteria for third-party payers. Abdominoplasty and panniculectomy unrelated to obesity or massive weight loss [Internet] Arlington Heights, IL: American Society of Plastic Surgeons 2007 Jan [accessed 2009 Oct 15] Accessed February 4, 2011 at: [http://www.plasticsurgery.org/Documents/Medical\\_Professionals/AbdominoplastyAndPanniculectomy.pdf](http://www.plasticsurgery.org/Documents/Medical_Professionals/AbdominoplastyAndPanniculectomy.pdf)

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- Clinical guidelines on the identification, evaluation, and treatment of overweight and obesity in adults. The evidence report [Internet] Bethesda, MD: National Heart Lung and Blood Institute 1998 Accessed February 4, 2011 at: <http://www.nhlbi.nih.gov/guidelines/obesity/obesity2/index.htm>
- Fracalvieri M, et al. Abdominoplasty after weight loss in morbidly obese patients: a 4-year clinical experience. Obesity Surgery 2007;17(10):1319-24. DOI: 10.1007/s11695-007-9235-7
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