



## NHS MEDICAL POLICY

### Reversible Intra-oral Appliances for TMJ DME 2014-003

Reversible Intra-oral Appliances include occlusal orthopedic appliances-orthotics, occlusal splints, bite appliances/planes/splints and mandibular occlusal repositioning appliances (MORAs.)

Reversible Intra-oral Appliances may be indicated for temporomandibular disorders (TMD) and temporomandibular joint (TMJ) dysfunction when ALL the following are present:

1	Documentation of a physical examination by the ordering provider has been provided.
2	There is documentation of clinically significant masticatory impairment, pain and/or loss of function.
3	A diagnosis of temporomandibular disorder (TMD) or temporomandibular joint (TMJ) dysfunction has been documented.
4	The appliance is not ordered simply for bruxism, headache, or trigeminal neuralgia.

### SOURCES

1. National Institutes of Health (NIH). Technology Assessment Conference Statement - Management of Temporomandibular Disorders. Bethesda, MD: NIH; April 29-May 1, 1996.
2. Turk DC, Zaki HS, Rudy TE. Effects of intraoral appliance and biofeedback/stress management alone and in combination, in treating pain and depression in patients with temporomandibular disorders. *J. Prosthetic Dentistry*. 1991;70:158-164.
3. *Oral Surg Oral Med Oral Pathol Oral Radiol Endod*. 1997 Jan;83(1):87-90. The role of occlusal adjustment in the management of temporomandibular disorders.

**CODE REFERENCE** (This may not be a comprehensive list of codes to apply to this policy.)

L8499

**POLICY HISTORY/REVISION INFORMATION**

Date	Action/Description
09/25/2015	Annual review and approval by UM Committee
09/14/2016	Annual review and approval by UM Committee
09/12/2017	Annual review and approval by UM Committee
09/12/2018	Annual review and approval by UM Committee
09/12/2019	Annual review and approval by UM Committee
09/10/2020	Annual review and approval by UM Committee
09/10/2021	Annual review and approval by UM Committee
09/19/2022	Annual review and approval by UM Committee
08/23/2023	Annual review and approval by UM/QM Committee