



Dental Clinical Policy

Subject: Occlusal Orthotic Device
Guidelines #: 07-800
Status: Revised

Publish Date: 01/01/2023
Last Review Date: 11/11/2022

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| Description | |
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This document addresses the placement of an occlusal orthotic device.

The plan performs review of an occlusal orthotic device due to contractual requirements that necessitate benefits for dental services meet specific contract requirements. For example, plan contract(s) may require the provision of benefits for services that meet generally accepted standards of dental care at the lowest cost that properly addresses the patient's condition. The conclusion that a particular service is medically or dentally necessary and/or appropriate does not constitute an indication and/or warranty that the service requested is a covered benefit payable by the dental plan.

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| Clinical Indications |
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Occlusal Orthotic Devices are used to reposition or stabilize the jaw for the treatment of temporomandibular disorders (TMD) as well as to control orofacial pain. This device may not be a covered service under the dental plan. TMD and these appliances are considered medical in nature and are typically covered under the medical plans. Additionally, occlusal orthotic devices may not be used in the treatment of obstructive sleep apnea.

Dental review as it applies to accepted standards of care means dental services that a dentist, exercising prudent clinical judgment, provides to a patient for the purpose of evaluating, diagnosing or treating a dental injury or disease or its symptoms, and that are: in accordance with the generally accepted standards of dental practice; in terms of type, frequency and extent and is considered effective for the patient's dental injury or disease; and is not primarily performed for the convenience of the patient or dentist, is not cosmetic and is not more costly than an alternative service.

For dental purposes, "generally accepted standards of dental practice" means:

- Standards that are based on credible scientific evidence published in peer-reviewed, dental literature generally recognized by the practicing dental community
- specialty society recommendations/criteria
- the views of recognized dentists practicing in the relevant clinical area
- any other relevant factors from credible sources

Criteria

1. Requires a narrative and patient records with rationale for treatment.

Coding

The following codes for treatments and procedures applicable to this document are included below for informational purposes. Inclusion or exclusion of a procedure, diagnosis or device code(s) does not constitute or imply member coverage or provider reimbursement policy. Please refer to the member's contract benefits in effect at the time of service to determine coverage or non-coverage of these services as it applies to an individual member.

CDT including but not limited to:

D7880 occlusal orthotic device, by report
D7881 occlusal orthotic device adjustment

ICD-10 CM Diagnoses for Dental Diseases and Conditions: See the current CDT code book for details

References

1. Dylina TJ. "The Basics of Occlusal Splint Therapy" Dentistry Today 7/1/2002
2. Crout Danny K. "Anatomy of an Occlusal Splint" General Dentistry March/April 2017
3. CDT 2023 Current Dental Terminology, American Dental Association

History

| Revision History | Version | Date | Nature of Change | SME |
|------------------|---------|------------|------------------|-----------|
| | Initial | 12/02/2020 | Initial | Committee |
| | Revised | 12/06/2020 | Annual Review | Committee |
| | Revised | 10/30/2021 | Annual Review | Committee |
| | Revised | 11/11/2022 | Annual Review | Committee |

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Federal and State law, as well as contract language, takes precedence over Dental Clinical Policy. Dental Clinical Policy provides guidance in interpreting dental benefit application. The Plan reserves the right to modify its Dental Clinical Policies and guidelines periodically and as necessary. Dental Clinical Policy is provided for informational purposes and does not constitute medical advice. These Policies are available for general adoption by any lines of business for consistent review of the medical or dental necessity and/or appropriateness of care of dental services. To determine if a review is required, please contact the customer service number on the member's card.

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