

POLICY TITLE	TREATMENT OF HYPERHIDROSIS
POLICY NUMBER	MP-2.005

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I. POLICY

Primary Focal Hyperhidrosis

Primary focal hyperhidrosis is defined as excessive sweating induced by sympathetic hyperactivity in selected areas that is not associated with an underlying disease process. The most common locations are underarms (axillary hyperhidrosis), palms (palmar hyperhidrosis), soles (plantar hyperhidrosis), or face (craniofacial hyperhidrosis).

Treatment of hyperhidrosis is considered **not medically necessary** in the absence of functional impairment or medical complications.

Treatment (see table) of primary hyperhidrosis may be considered **medically necessary** with any of the following medical complications:

- acrocyanosis of the hands; or
- history of recurrent skin maceration with bacterial or fungal infections; or
- history of recurrent secondary infections; or
- history of persistent eczematous dermatitis in spite of medical treatments with topical dermatological or systemic anticholinergic agents.

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Focal Regions	Treatments Considered Medically Necessary	Treatments Considered Investigational
<i>Axillary</i>	<ul style="list-style-type: none"> Aluminum chloride 20% solution*; Botulinum toxin* for severe primary axillary hyperhidrosis that is inadequately managed with topical agents*, in patients 18 years and older; Endoscopic transthoracic sympathectomy (ETS) and surgical excision of axillary sweat glands, if conservative treatment (i.e., aluminum chloride or botulinum toxin individually and in combination) has failed. 	<ul style="list-style-type: none"> Axillary liposuction Iontophoresis Microwave treatment
<i>Palmar</i>	<ul style="list-style-type: none"> Aluminum chloride 20% solution*; Botulinum toxin A products for severe primary palmar hyperhidrosis that is inadequately managed with topical agents, in patients 18 years and older; Endoscopic transthoracic sympathectomy (ETS), if conservative treatment (i.e., aluminum chloride or botulinum toxin type A, individually and in combination) has failed 	<ul style="list-style-type: none"> RimabotulinumtoxinB Iontophoresis Microwave treatment Radiofrequency ablation

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Focal Regions <i>continued</i>	Treatments Considered Medically Necessary	Treatments Considered Investigational
<i>Plantar</i>	<ul style="list-style-type: none"> Aluminum chloride 20% solution* 	<ul style="list-style-type: none"> Botulinum toxin Iontophoresis Lumbar sympathectomy Microwave treatment
<i>Craniofacial</i>	<ul style="list-style-type: none"> Aluminum chloride 20% solution*; Endoscopic transthoracic sympathectomy (ETS), if conservative treatment (i.e., aluminum chloride) has failed. 	<ul style="list-style-type: none"> Botulinum toxin Iontophoresis Microwave treatment

Secondary Hyperhidrosis

Secondary hyperhidrosis is excessive sweating that can be generalized or craniofacial sweating, and may occur as a result of olfactory or gustatory stimuli, neurologic lesions, intrathoracic neoplasms, Raynaud's disease, and Frey's syndrome.

Secondary Gustatory Hyperhidrosis

The following treatments would be considered **medically necessary** for the treatment of severe gustatory hyperhidrosis:

- aluminum chloride 20% solution*
- surgical options (i.e., tympanic neurectomy), if conservative treatment has failed.

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The following treatments are considered investigational as a treatment for severe gustatory hyperhidrosis (e.g. Frey's syndrome, encephalitis, syringomyelia, diabetic neuropathies, herpes zoster parotitis, parotid abscess) including, but not limited to:

- Botulinum toxin
- Iontophoresis

There is insufficient evidence to support a conclusion concerning the health outcomes or benefits associated with this procedure for this condition.

*FDA approved indication (in the case of botulinum toxin, FDA approved for at least one botulinum toxin product).

POLICY GUIDELINES

In the absence of evidence to the contrary, botulinum toxin products are considered to have a class effect. This approach is consistent with MP- 2.006 Botulinum Toxin.

A multispecialty working group defines primary focal hyperhidrosis as a condition that is characterized by visible, excessive sweating of at least 6 months' duration without apparent cause and with at least 2 of the following features: bilateral and relatively symmetric sweating, impairment of daily activities, frequency of at least once per week, age at onset younger than 25 years, positive family history, and cessation of focal sweating during sleep. (1)

In the hyperhidrosis disease severity scale, patients rate the severity of symptoms on a scale of 1-4 (2):

1. My underarm sweating is never noticeable and never interferes with my daily activities.
2. My underarm sweating is tolerable but sometimes interferes with my daily activities.
3. My underarm sweating is barely tolerable and frequently interferes with my daily activities.
4. My underarm sweating is intolerable and always interferes with my daily activities.

Cross-reference

MP- 2.006 Botulinum Toxin

MP-4.013 Iontophoresis/Phonophoresis.

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II. PRODUCT VARIATIONS

[N] = No product variation, policy applies as stated

[Y] = Standard product coverage varies from application of this policy, see below

[N] Capital Cares 4 Kids

[N] Indemnity

[N] PPO

[N] SpecialCare

[N] HMO

[N] POS

[Y] SeniorBlue HMO*

[Y] FEP PPO**

[Y] SeniorBlue PPO*

* For coverage information, refer to Novitas Medicare Services Local Coverage Determination ([LCD\) L27476, Botulinum Toxin Type A and B](#). The following indications are considered medically reasonable and necessary for treatment with serotypes A and B botulinum toxins:

Severe primary focal hyperhidrosis in patients who are not adequately managed with topical agents or iontophoresis (or have a contraindication to such treatment), and who manifest all of the following indications:

- Severe sweating beyond physiological needs
- Focal, visible, severe sweating of at least 6 months duration without apparent cause with at least 2 of the following characteristics:
 - Bilateral and relatively symmetric
 - Significant impairment in daily activities
 - Age of onset less than 25 years
 - Positive family history
 - Cessation of focal sweating during sleep

** Refer to FEP Medical Policy Manual MP-8.01.19 Treatment of Hyperhidrosis. The FEP Medical Policy manual can be found at: www.fepblue.org

III. DESCRIPTION/BACKGROUND

Hyperhidrosis may be defined as excessive sweating, beyond a level required to maintain normal body temperature in response to heat exposure or exercise. It can be classified as either primary or secondary. Primary localized hyperhidrosis is idiopathic in nature, typically involving the hands (palmar), feet (plantar), or axillae (underarms). Secondary hyperhidrosis can result from a variety of drugs, such as tricyclic antidepressants,

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selective serotonin reuptake inhibitors (SSRIs), or underlying diseases/conditions, such as febrile diseases, diabetes mellitus, or menopause.

Secondary hyperhidrosis is usually generalized or craniofacial sweating. Secondary gustatory hyperhidrosis is excessive sweating on ingesting highly spiced foods. This trigeminovascular reflex typically occurs symmetrically on scalp or face and predominately over forehead, lips, and nose. Secondary facial gustatory sweating, in contrast, is usually asymmetrical and occurs independently of the nature of the ingested food. This phenomenon frequently occurs after injury or surgery in the region of the parotid gland. Frey's syndrome is an uncommon type of secondary gustatory hyperhidrosis that arises from injury to or surgery near the parotid gland resulting in damage to the secretory parasympathetic fibers of the facial nerve. After injury, these fibers regenerate and miscommunication occurs between them and the severed postganglionic sympathetic fibers that supply the cutaneous sweat glands and blood vessels. The aberrant connection results in gustatory sweating and facial flushing with mastication. Aberrant secondary gustatory sweating follows up to 73% of surgical sympathectomies and is particularly common after bilateral procedures.

The consequences of hyperhidrosis are primarily psychosocial in nature. Symptoms such as fever, night sweats, or weight loss require further investigation to rule out secondary causes. Sweat production can be assessed with the minor starch iodine test, which is a simple qualitative measure to identify specific sites of involvement.

A variety of therapies have been investigated for primary hyperhidrosis, including topical therapy with aluminum chloride, iontophoresis, intradermal injections of botulinum toxin type A, endoscopic transthoracic sympathectomy, and surgical excision of axillary sweat glands. Treatment of secondary hyperhidrosis focuses on treatment of the underlying cause, such as discontinuing certain drugs or hormone replacement therapy as a treatment of menopausal symptoms.

Botulinum toxin is a potent neurotoxin that blocks cholinergic nerve terminals; symptoms of botulism include cessation of sweating. Therefore, intracutaneous injections have been investigated as a treatment of gustatory hyperhidrosis and focal primary hyperhidrosis, most frequently involving the axillae or palms. The drawback of this approach is the need for repeated injections, which have led some to consider surgical approaches.

Eccrine sweat glands produce an aqueous secretion, the overproduction of which is primarily responsible for hyperhidrosis. These glands are innervated by the sympathetic nervous system. Surgical removal has been performed in patients with severe isolated axillary hyperhidrosis.

The second (T2) and third (T3) thoracic ganglia are responsible for palmar hyperhidrosis, the fourth (T4) thoracic ganglion controls axillary hyperhidrosis, and the first (T1) thoracic ganglion controls facial hyperhidrosis. Various surgical techniques of thoracic sympathectomy have been investigated as a curative procedure, primarily for combined palmar and axillary hyperhidrosis that is unresponsive to non-surgical treatments. While

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accepted as an effective treatment, sympathectomy is not without complications. In addition to the immediate surgical complications of pneumothorax or temporary Horner's syndrome, compensatory sweating on the trunk generally occurs in a majority of patients, with different degrees of severity. Medical researchers have investigated whether certain approaches, e.g., T3 versus T4 sympathectomy, result in less compensatory sweating, but there remains a lack of consensus about which approach best minimizes the risk of this side effect. In addition, with lumbar sympathectomy for plantar hyperhidrosis, there has been concern about the risk of post-operative sexual dysfunction in men and women.

The outcome of different surgical and medical treatment modalities is best assessed by using a combination of tools. Quantitative tools include gravimetry, evaporimetry, and Minor's starch iodine test. Qualitative assessment tools include general health surveys and hyperhidrosis-specific surveys. Of these, the Hyperhidrosis Disease Severity Scale (HDSS) has been found to have a good correlation to other assessment tools and to be practical in the clinical setting.

Regulatory Status

Drysol™ (aluminum chloride [hexahydrate] 20% topical solution, Person and Covey, Inc.) is approved by the U.S. Food and Drug Administration (FDA) as an astringent to be used as an aid in the management of hyperhidrosis (axillae, palmar, plantar, and craniofacial) available by prescription.

In 2004 the FDA approved botulinum toxin type A (Botox) to treat primary axillary hyperhidrosis (severe underarm sweating) that cannot be managed by topical agents. In 2009, this product was renamed to OnabotulinumtoxinA. Other FDA-approved botulinum toxin products include:

2000: RimabotulinumtoxinB, marketed as Myobloc (Solstice Neurosciences)

2009: AbobotulinumtoxinA, marketed as Dysport (Medicis Pharmaceutical Corporation, Scottsdale, AZ)

2010: IncobotulinumtoxinA, marketed as Xeomin (Merz Pharmaceuticals)

None of these other botulinum toxin products are indicated for treatment of hyperhidrosis.

On July 31, 2009, the FDA approved the following revisions to the prescribing information of botulinum toxin products:

- “A *Boxed Warning* highlighting the possibility of experiencing potentially life-threatening distant spread of toxin effect from injection site after local injection.
- A Risk Evaluation and Mitigation Strategy (REMS) that includes a *Medication Guide* to help patients understand the risk and benefits of botulinum toxin products.
- Changes to the established drug names to reinforce individual potencies and prevent medication errors. The potency units are specific to each botulinum toxin

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product, and the doses or units of biological activity cannot be compared or converted from one product to any other botulinum toxin product. The new established names reinforce these differences and the lack of interchangeability among products.”

IV. RATIONALE

Iontophoresis

The published literature regarding iontophoresis as a treatment of hyperhidrosis is sparse. A 2003 TEC Assessment on iontophoresis concluded that the evidence was insufficient to determine whether the effects of iontophoresis for the treatment of hyperhidrosis exceed those of placebo or an alternative treatment. (3) The TEC Assessment investigators identified only 3 small studies (n=10, 11, and 18, respectively), all of which were conducted in patients with palmar hyperhidrosis.

Since the 2003 TEC Assessment, no randomized controlled trials (RCTs) evaluating tap water iontophoresis for treating hyperhidrosis have been published. Subsequent case series include a 2013 study from Ireland with 28 patients. (4) Patients received a minimum of 9 treatments over 21 days in a clinical setting. Twenty of the 25 patients (80%) for whom data were available after hospital administration of tap water iontophoresis reported a moderate or great amount of improvement in symptoms and a moderate or great improvement in quality of life (according to a Disease Life Quality Index). After the initial course of treatment, 13 patients chose to purchase a home iontophoresis device. Eight of the 13 (62%) reported that home iontophoresis was ‘much less effective’ than hospital treatment. No other outcomes e.g., symptom improvement, were reported following home use.

Conclusion: There is insufficient evidence, consisting of only small case series, that iontophoresis is an effective treatment of hyperhidrosis. Controlled trials are needed to determine whether iontophoresis improves the net health outcome in patients with hyperhidrosis.

Botulinum toxin type A

A considerable body of published literature addresses botulinum toxin injection of the treatment of axillary and palmar hyperhidrosis and substantiates the efficacy of this treatment. (5-13) Studies include multiple randomized placebo-controlled trials evaluating Botox, a botulinum toxin type A product. In addition, another botulinum toxin A product, Dysport, has been evaluated in RCTs for treatment of axillary hyperhidrosis (13) and palmar hyperhidrosis. (8) Moreover, a small RCT published in 2007 compared Botox and Dysport and found similar levels of efficacy and safety with the two products. (10)

One of the larger RCTs was published in 2007. (12) This study was an industry-sponsored multicenter double-blind, placebo-controlled efficacy and safety study of botulinum toxin type A in patients with persistent bilateral primary axillary hyperhidrosis. Enrollment criteria included a resting sweat production of at least 50 mg/axilla in 5 minutes and a rating of 3 or 4

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(underarm sweating barely tolerable or intolerable, and frequently or always interferes with daily activities) on the Hyperhidrosis Disease Severity Scale (HDSS). A total of 322 patients were randomized to receive 50 U, or 75 U of Botox or placebo. Retreatment after 4 weeks was allowed in subjects with at least 50 mg of sweat (per axilla) over 5 minutes and an HDSS score of 3 or 4. Following the first injection, 75% of subjects in the Botox groups showed at least a 2-point improvement in the HDSS, compared with 25% of subjects in the placebo group. Sweat production decreased by 87% (75 U), 82% (50 U), and 33% (vehicle). (Similar results were obtained in patients requiring a second treatment.) The median duration of effect was 197, 205, and 96 days (75 U, 50 U, and vehicle, respectively). Seventy-eight percent of subjects (252) completed the 52-week study; 96 of 110 (87%) in the 75-U group, 83 of 104 (80%) in the 50-U group, and 73 of 108 (68%) in the control group. Intent-to-treat analysis at 52 weeks showed a responder rate (greater than 2-point improvement on the HDSS) for 54 (49%) subjects in the 75-U group, 57 (55%) in the 50-U group, and 6 (6%) in the placebo group. Injection-site pain was reported in about 10% of all groups, with a mean duration of 2.4 days (10-day maximum).

No placebo-controlled RCTs were identified evaluating the safety and efficacy of the newest formulation of botulinum toxin A, Xeomin. In 2010, Dressler published a double-blind RCT from Germany comparing Xeomin to Botox for treating primary axillary hyperhidrosis. (14) Forty-six patients with bilateral axillary hyperhidrosis and a previously stable Botox treatment for at least 2 years received 50 MU of Botox in one axilla and 50 MU Xeomin in the other axilla. All patients completed the study. A total of 41 of 46 (89%) patients reported the therapeutic effect as excellent and 5 (11%) as good. The mean reported duration of therapeutic effect was 3.2 months. According to patient self-report in structured interviews, there were no side-to-side differences in therapeutic effect including onset latency, extent and duration and no differences in injection site pain. Moreover, clinical examination did not identify any side-to-side differences in the diffuse sweating pattern.

There is less evidence in support of botulinum toxin type A for treating plantar hyperhidrosis. No RCTs or large uncontrolled studies were identified; most published studies are case reports or small case series.

The evidence evaluating botulinum toxin A use for gustatory hyperhidrosis as a result of Frey's syndrome includes noncontrolled or nonrandomized studies, all showing favorable treatment outcomes. The patient inclusion criteria were variable across the studies and case reports; ages varied (16 to 87 years); patients had undergone varied types of parotid surgery (i.e., bilateral, partial); not all studies documented gustatory sweating with Minor's starch test as part of the patient screening.

Conclusions: Multiple RCTs support the efficacy and safety of botulinum toxin A for treating severe axillary and palmar hyperhidrosis. There is a lack of RCTs on use of botulinum toxin A for plantar hyperhidrosis and gustatory hyperhidrosis.

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Botulinum toxin type B

There was one placebo-controlled randomized trial on botulinum toxin B (Myobloc) for treating primary axillary hyperhidrosis and one on palmar hyperhidrosis. Both studies were by Baumann and colleagues and were published in 2005; neither discussed whether patients had failed previous treatments for hyperhidrosis. The study on axillary hyperhidrosis included 20 participants; they received subcutaneous injections of Myobloc (2,500 U or 0.5 mL per axilla) (n=15) or placebo (n=5). (15) Patients who received placebo were offered Myobloc at subsequent injections. One patient in the placebo group did not return for follow-up and another responded to placebo and did not return for a subsequent Myobloc injection. Data were available on Myobloc efficacy for the remaining 18 participants (15 in the initial Myobloc group and 3 crossovers). There was a statistically significant improvement in axillary hyperhidrosis according to patient and physician subjective assessment from baseline (before receiving an active injection) to Day 30. Details on the efficacy outcomes were not reported. The mean length of time to return to baseline levels of sweating in these 18 patients was 151 days (range 66 to 243 days). Sixteen participants reported 61 adverse events over the course of the study. Five of 61 adverse events (8.2%) were determined to be definitely related to the study; 4 axillary bruising events and 1 instance of pain at the injection site. Eleven adverse events (18%) were determined to be probably related to study treatment; dry eyes (n=3), dry mouth (n=5) and indigestion (n=3). Flu-like symptoms were reported by 6 of 20 patients (30%); however, the study period coincided with flu season. Note that the authors did not compare the active treatment and placebo groups in their analysis.

The RCT on Myobloc for treatment of palmar hyperhidrosis included 20 participants with excessive palmar sweating. Fifteen participants received injections of Myobloc (50,000 U per palm) and 5 received placebo. (16) Nonresponders were offered an injection of Myobloc at day 30. At day 30, the two quality-of-life measures were significantly higher in the Myobloc group compared to the control group. However, there was not a statistically significant difference in efficacy in the physician analysis of the palmar iodine starch test at day 30 (p=0.56). No further details were provided on the efficacy outcome measures described above. The mean duration of action according to self-report in 17 patients (15 in the initial treatment group and 2 who crossed-over from the placebo group) was 3.8 months (range, 2.3 to 4.9 months). Participants were asked about specific adverse events. Eighteen of 20 (90%) reported dry mouth/throat, 12 (60%) reported indigestion, 12 (60%) reported excessively dry hands, 12 (60%) reported muscle weakness, and 10 (50%) reported decreased grip strength. Both studies by Baumann and colleagues were limited by a small sample sizes and limited or no comparative data.

A small randomized trial by Frasson and colleagues in Italy that compared botulinum toxin type A and type B for treating axillary hyperhidrosis was published in 2011. (17) This study included 10 patients with idiopathic focal axillary hyperhidrosis that was unresponsive to other non-surgical treatments. Patients received 50 U botulinum toxin A in one axilla and 2,500 U botulinum toxin B in the contralateral axilla. Gravimetry was performed at baseline and follow-up as an objective measurement of sweat production. In addition, the sweat area was

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photographed. At each follow-up point, the decrease in sweat weight from baseline was significantly greater on the botulinum toxin B side compared to the botulinum toxin A side. For example, after 1 month, the sweat weight in 5 minutes was 13% of the baseline value on the botulinum toxin A side and 4% of the baseline value on the botulinum toxin B side ($p=0.049$). By 6 months, the sweat weight returned to 91% of baseline on the botulinum toxin A side and 56% of baseline weight on the botulinum toxin B side ($p=0.02$). Findings were similar for sweating area. All patients tolerated injections of botulinum toxin types A and B well and none reported systemic adverse effects. The authors commented that this study used a higher dosage of botulinum toxin B than previous studies.

Conclusions: There are few RCTs evaluating botulinum toxin type B for treating hyperhidrosis. One small RCT did not clearly demonstrate the efficacy of botulinum toxin type B in patients with palmar hyperhidrosis. Two RCTs support the efficacy of this treatment for patients with axillary hyperhidrosis.

Microwave treatment

A 2012 RCT evaluated a microwave device for treating hyperhidrosis. (18) This device applies microwave energy to superficial skin structures with the intent of inducing thermolysis of the eccrine and apocrine sweat glands. This industry-sponsored double-blind study randomized 120 adults with primary axillary hyperhidrosis in a 2-to-1 ratio to active ($n=81$) or sham ($n=39$) treatment. Treatment consisted of 2 sessions, separated by approximately 2 weeks. Patients who responded adequately after 1 session or declined further treatment did not need to undergo the second session, and a third procedure was allowed within 30 days for participants who still had a high level of sweating after 2 sessions. All patients in the sham group had 2 sessions. In the active treatment group, 11 individuals (9%) had only 1 session and 10 (8%) had a third procedure. The primary efficacy endpoint was a score of 1 (underarm sweating never noticeable) or 2 (underarm sweating tolerable) on the Hyperhidrosis Disease Severity Scale at the 30-day follow-up; HDSS score at 6 months was a secondary outcome. A total of 101/120 (84%) completed the study. At 30 days, 89% of the active treatment group and 54% of the sham group had an HDSS score of 1 or 2; $p<0.001$. At 6 months, 67% of the active treatment group and 44% of the sham group had an HDSS score of 1 or 2; the difference between groups remained statistically significant, $p=0.02$. Unblinding occurred at 6 months. Twelve-month data were available for the active treatment group only; 69% reported an HDSS score of 1 or 2. There were 45 procedure-related adverse events in 23 (28%) of the active treatment group and 5 (13%) of the sham group. The most frequently reported adverse event was altered sensation; no serious adverse events were reported. Compensatory sweating was reported by 2 individuals in each group and had a mean duration of 52 days. The authors noted that study data provided an opportunity to identify areas for improvement of the treatment protocol including waiting longer between treatments and using a higher dose of energy at the second session.

A 2012 industry-sponsored case series reported on 31 patients with primary axillary hyperhidrosis who were treated with microwave therapy using the miraDry system. (19) All patients had an HDSS score of 3 or 4 at baseline. The primary efficacy outcome, the

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proportion of patients whose HDSS decreased to 1 or 2 was 28 (90%) at 6 months and 12 months after treatment. Longer-term skin-related adverse effects (that all resolved over time) were altered sensation in the skin of the axillae (65% of patients, median duration, 37 days) and palpable bumps under the skin of the axillae (71% of patients, median duration, 41 days).

Conclusions: One RCT and case series provide insufficient evidence that microwave treatment improves the health outcome for primary focal hyperhidrosis. The RCT reported short-term benefit of microwave treatment in reducing hyperhidrosis, but also reports a high rate of skin-related side effects such as pain and altered sensation. Additional controlled studies with long-term follow-up in the treatment and control groups, a longer period of blinding, and a consistent treatment protocol are needed to confirm the efficacy of this treatment and to better define the risk/benefit ratio.

Radiofrequency ablation

A 2013 study evaluated radiofrequency ablation as a treatment option for patients with severe bilateral palmar hyperhidrosis resistant to conservative treatment. (20) The study was conducted in Turkey and retrospectively reviewed outcomes after radiofrequency ablation (n=48) or transthoracic sympathectomy (n=46). Patients were not randomized to treatment group. After the mean of 15-month follow-up, palmar hydrosis was absent in 36 patients (75%) in the radiofrequency ablation group and 44 patients (96%) in the surgery group. The difference in outcomes was statistically significant between groups, favoring the surgical intervention ($p<0.01$). Six patients in each group reported moderate or severe compensatory sweating ($p=0.78$).

Conclusions: One nonrandomized comparative study represents insufficient evidence on radiofrequency ablation as a treatment of hyperhidrosis. In this single available study, radiofrequency ablation was found to be inferior to surgical sympathectomy.

Surgical interventions

Tympanic neurectomy for gustatory hyperhidrosis

Review articles by Clayman et al. (21) and de Bree et al. (22) describe the various medical and surgical treatments for Frey's syndrome. Tympanic neurectomy is described as a treatment for Frey's syndrome, with satisfactory control reported in 82% of patients. In addition, this surgical treatment is generally definitive without a need for repeated interventions.

Sweat gland excision for primary focal hyperhidrosis

Surgery may involve removal of the subcutaneous sweat glands without removal of any skin, limited excision of skin, and removal of surrounding subcutaneous sweat glands, or a more radical excision of skin and subcutaneous tissue en bloc. (23) Depending on the completeness of surgical excision, the treatment is effective in 50–95% of patients.

Transthoracic sympathectomy for primary focal hyperhidrosis

Several RCTs and one meta-analysis have compared different approaches to surgery; there were no sham-controlled RCTs. In 2011, Deng and colleagues published a meta-analysis of

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data from RCTs and observational studies published to 2010 evaluating thoracoscopic sympathectomy for patients with palmar hyperhidrosis. (24) The authors pooled outcome data from different approaches to sympathectomy, i.e., single-ganglia blockage (T2, T3, or T4), and multi-ganglia blockage (T2-3, T2-4, or T3-4). (Note: T refers to rib). Based on these analyses, they concluded that T3 (11 studies) and T3-4 (2 studies) had the “best” clinical efficacy i.e., postoperative resolution of symptoms. The T3 approach resulted in a 97.9% pooled efficacy rate, and the T3-4 approach resulted in a 100% pooled efficacy rate. In the studies for which data were available, the pooled rate of postoperative compensatory sweating was 40% after T3 surgery. Data on compensatory sweating after T3-4 surgery was only available from one study with 60 patients; a pooled analysis could not be performed.

Subsequent RCTs have also compared levels of sympathectomy. For example, a 2011 study by Baumgartner and colleagues included 121 patients with disabling palmo-plantar hyperhidrosis. (25) Patients were randomized to receive bilateral sympathectomy over T2 (n=61 patients) or T3 (n=60 patients). Six of 121 (5%) patients, 3 in each group, were considered treatment failures i.e., had recurrent palmar sweating to a bothersome level. There were no significant differences between groups in the reported subjective change in plantar or axillary sweating after surgery. At 6 months, the mean level of compensatory sweating (0 to 10 severity scale) was 4.7 (standard deviation [SD] =2.7) for the T2 group and 3.8 (SD=2.8) for the T3 group (p=not significant). Similarly, at 1 year, the mean severity rating of compensatory sweating was 4.7 (SD=2.5) in the T2 group and 3.7 (SD=2.8) in the T3 group; p=0.09. Another study was published by Ishy and colleagues in Brazil in which surgery at the T3 and T4 levels was compared. (26) This study included 20 patients with palmar hyperhidrosis. All patients experienced complete bilateral remission of palmary sweating after 1 year of follow-up. The level of compensatory sweating did not differ significantly between groups at 1 week, 1 month, or 6 months, but at 1 year, there was a significantly higher rate in the T3 compared to the T4 group (20/20, 100% in the T3 group and 15/20, 75% in the T4 group, p=0.47)

There is also a large amount of data from case series on transthoracic sympathectomy for treating primary focal hyperhidrosis. (27-32) Case series generally report high success rates for palmar and axillary hyperhidrosis, although there are potential adverse effects, most commonly compensatory sweating.

For example, in 2010, Wait and colleagues published a retrospective analysis of prospectively collected data on patients who underwent bilateral thoracoscopic sympathectomy for hyperhidrosis. (31) Data were available on 322 of 348 (93%) of patients who underwent surgery. Patients’ previous use of nonsurgical hyperhidrosis treatments was not reported. Complete resolution of symptoms was reported by 300 of 301 (99.7%) with palmar hyperhidrosis, 136 of 186 (73%) with axillary hyperhidrosis, 27 of 30 (90%) with craniofacial hyperhidrosis, and 19 of 197 (9.6%) with plantar hyperhidrosis. Compensatory sweating was reported by a total of 201 of 322 (62%) patients. The compensatory sweating was severe in 20 (6.2%) of patients and mild or moderate in 181 (56.2%) of patients. It is worth noting that thoracoscopic sympathectomy was performed in some cases of plantar hyperhidrosis and that

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there was a low rate of success. In addition, when reporting rates of compensatory sweating, the authors did not distinguish between mild and moderate levels of symptoms, although these could have different clinical implications for the patient.

In 2011, Smidfelt and Drott in Sweden reported on long-term outcomes after transthoracic sympathectomy. (32) Of 3,015 patients who had been treated with endoscopic thoracic sympathectomy for hyperhidrosis and/or facial blushing, 1,700 (56%) responded to a written survey after a mean of 14.6 (SD=2.4) years. A total of 85.1% of respondents reported that they had a satisfactory and lasting effect of the surgery. Sweating and/or blushing recurred and was considered a problem in 8.1%, and 6.9% reported no initial effect or a poor effect. Compensatory sweating was considered troublesome by 299 (17.6%), annoying by 409 (24.1%), severe by 367 (21.6%), and incapacitating by 190 (11.2%). Nearly half of the patients who underwent surgery did not respond to the survey; their outcomes may have been different from those of study respondents.

A 2013 series reported on complications after thoracic sympathectomy in 1,731 patients with palmar, axillary or craniofacial hyperhidrosis. (33) Thirty days after surgery, 1,531 (88.4%) of patients reported compensatory sweating. Among the 1,531 patients, compensatory sweating was mild in 473 (31%), moderate in 642 (42%) and severe in 416 (27%). Gustatory sweating was reported by 334 of the 1,731 (19%) patients.

Conclusions: RCTs and a meta-analysis of RCTs support the efficacy of transthoracic sympathectomy at various levels for palmar and axillary hyperhidrosis. These data are complemented by case series which have found high efficacy rates, but also high rates of compensatory sweating for these conditions. There is insufficient evidence in support of transthoracic sympathectomy for treating plantar hyperhidrosis; case series found lower rates of efficacy for plantar compared to axillary or palmar hyperhidrosis, and there are concerns for side effects in sexual functioning.

Endoscopic lumbar sympathectomy for primary plantar hyperhidrosis

No RCTs were identified but several case series were identified. A 2009 series by Rieger and colleagues from Austria evaluated surgery results in 90 patients (59 men, 31 women with severe plantar hyperhidrosis. (34) Thirty-seven patients (41%) had only plantar hyperhidrosis, and 53 (59%) had plantar and palmar hyperhidrosis. All patients had previously used other treatments including topical aluminum chloride therapy. There were a total of 178 procedures—90 on the right-side and 88 on the left side. The technique involved resecting a segment of the sympathetic trunk between the third and fourth lumbar bodies together with the ganglia (L3 and/or L4). After a mean follow-up of 24 months (range: 3 to 45), hyperhidrosis was eliminated in 87 of 90 patients (97%). Postoperative neuralgia occurred in 38 (42%) patients between the seventh and eighth day. The pain lasted less than 4 weeks in 11 patients, 1-3 months in 19 patients, 4-12 months in 5 patients, and more than 12 months in 3 patients. Three men reported temporary sexual symptoms; one was incapable of ejaculation for 2 months. None of the women reported postoperative sexual dysfunction.

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In 2010, Reisfeld reported on results of a U.S.-based study from a specialized hyperhidrosis clinic in which bilateral endoscopic lumbar sympathectomy was performed in 63 patients with focal plantar hyperhidrosis. (35) There were 13 (21%) male patients and 50 (79%) female patients. A clamping method was used in which clamps were placed at L3 (46.6%), L4 (52.4%), and L2 in one case. There was a learning curve with this procedure, and 5 early cases had to be converted to an open procedure. Fifty-six (89%) of the patients had previously undergone some form of thoracic sympathectomy, and all had tried conservative measures. After a mean follow-up of 7 months, all patients considered their plantar hyperhidrosis symptoms to be “cured” or “improved;” 97% reported “cure.” All of the patients with previous thoracic sympathectomy had some degree of compensatory sweating. After lumbar sympathectomy, 51 of the 56 patients (91%) reported that their compensatory sweating was unchanged. In the 7 patients who did not have a previous thoracic sympathectomy, 1 reported mild and 6 reported moderate compensatory sweating. The authors stated that no sexual problems were reported by the male patients, and they did not discuss possible sexual problems among the female patients.

It is worth noting, that in contrast to earlier concerns about this procedure being associated with risks of permanent sexual dysfunction in men and women, the recent case series did not find any instances of permanent sexual dysfunction. A 2004 review from a multi-specialty working group on hyperhidrosis stated that lumbar sympathectomy is not recommended for plantar hyperhidrosis because of associated sexual dysfunction; this article did not cite any data documenting sexual dysfunction. (1) To date, there are very few studies on endoscopic lumbar sympathectomy for focal plantar hyperhidrosis and no comparative studies.

Conclusions: There are insufficient data supporting the safety and efficacy of lumbar sympathectomy for treating primary plantar hyperhidrosis.

Summary

There is insufficient evidence on the efficacy and safety of iontophoresis or microwave treatment for treating hyperhidrosis, and on radiofrequency ablation for palmar hyperhidrosis. There is evidence from randomized trials that botulinum toxin improves the net health outcome for patients with axillary hyperhidrosis and evidence that botulinum toxin A products improve the net health outcome for palmar hyperhidrosis. Due to the limited number of studies and high rates of adverse effects, there is insufficient evidence that botulinum toxin B improves the net health outcome for patients with primary palmar hyperhidrosis. There is insufficient evidence on the efficacy of any botulinum toxin products for other types of primary hyperhidrosis, including plantar and secondary hyperhidrosis.

Regarding surgical treatments for hyperhidrosis, data from randomized controlled trials and observational studies show high rates of efficacy of endoscopic transthoracic sympathectomy for primary focal hyperhidrosis, with the exception of plantar hyperhidrosis. There are, however, high rates of compensatory hyperhidrosis which must be considered in the treatment decision. There are insufficient data to draw conclusions on the efficacy of endoscopic lumbar sympathectomy in patients with primary plantar hyperhidrosis.

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Practice Guidelines and Position Statements

In 2011, an expert consensus statement on the surgical treatment of hyperhidrosis was published by a task force of the Society of Thoracic Surgeons. (36) The document states that endoscopic thoracic sympathectomy is the treatment of choice for patients with primary hyperhidrosis. They further recommend the following treatment strategies (with R referring to rib and the number to which rib):

- R3 interruption for palmar hyperhidrosis; an R4 interruption is also reasonable. The authors note a slightly higher rate of compensatory sweating with an R3 but R3 is also more effective at treating hyperhidrosis.
- R4 or R5 interruption for palmar-axillary, palmar-axillary-plantar or axillary hyperhidrosis alone; R5 interruption is also an option for axillary hyperhidrosis alone.
- R3 interruption for craniofacial hyperhidrosis without blushing; an R2 and R3 procedure is an option but may lead to a higher rate of compensatory sweating, and also increases the risk of Horner's syndrome.

In 2008, the American Academy of Neurology created guidelines for use of botulinum neurotoxin for the treatment of autonomic disorders and pain. (37) These guidelines include the following recommendations for botulinum toxin injection as a treatment of hyperhidrosis:

- Should be offered as a treatment option to patients with axillary hyperhidrosis (Level A).
- Should be considered as a treatment option for palmar hyperhidrosis and drooling (Level B).
- May be considered for gustatory sweating (Level C).

V. DEFINITIONS

ACROCYANOSIS is a blue or purple mottled discoloration of the extremities, especially the fingers, toes and/or nose.

BASIC ACTIVITIES OF DAILY LIVING include and are limited to walking in the home, eating, bathing, dressing, and homemaking

BOTOX® is a therapeutic muscle-relaxing agent that works at motor nerve endings (nerves that lead to muscles). It belongs to a class of drugs called neurotoxins.

CERVICAL DYSTONIA is a movement disorder (nervous system disease) characterized by sustained muscle contractions. This results in involuntary, abnormal, squeezing and twisting muscle contractions in the head and neck region. These muscle contractions result in sustained abnormal positions or posturing. Sideways or lateral rotation of the head and twisting of the

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neck is the most common finding in cervical dystonia. Muscle hypertrophy occurs in most patients.

DYSTONIA is a series of involuntary prolonged muscle contractions, often distorting body posture. Dystonia may be primary (idiopathic) or secondary to degenerative or metabolic central nervous system disorders (e.g. Wilson's disease, various lipidoses, multiple sclerosis, cerebral palsy, stroke, brain hypoxia) or drugs (most often phenothiazines, thioxanthenes, butyrophenones, and antiemetics).

FUNCTIONAL IMPAIRMENT A condition that describes a state where an individual is limited in the performance of basic activities of daily living.

GUSTATORY pertains to the sense of taste.

HYPERHIDROSIS DISEASE SEVERITY SCALE is used as a tool for rating the severity of symptoms on a scale of 1-4.

1. My underarm sweating is never noticeable and never interferes with my daily activities.
2. My underarm sweating is tolerable but sometimes interferes with my daily activities.
3. My underarm sweating is barely tolerable and frequently interferes with my daily activities.
4. My underarm sweating is intolerable and always interferes with my daily activities.

IONTOPHORESIS is a technique that involves the use of an electric current to introduce various ions through the skin. The mechanism of action is not precisely known, but it is thought to be related to plugging of the sweat glands.

MACERATION is the process of softening a solid by steeping in a fluid.

PRIMARY FOCAL HYPERHIDROSIS is a condition that is characterized by visible, excessive sweating of a least 6 months' duration without apparent cause and with at least 2 of the following features: bilateral and relatively symmetric sweating, impairment of daily activities, frequency of a least once per week, age at onset younger than 25 years, positive family history, and cessation of focal sweating during sleep.

VI. BENEFIT VARIATIONS

The existence of this medical policy does not mean that this service is a covered benefit under the member's contract. Benefit determinations should be based in all cases on the applicable contract language. Medical policies do not constitute a description of benefits. A member's individual or group customer benefits govern which services are covered, which are excluded, and which are subject to benefit limits and which require preauthorization. Members and providers should consult the member's benefit information or contact Capital for benefit information.

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VII. DISCLAIMER

Capital's medical policies are developed to assist in administering a member's benefits, do not constitute medical advice and are subject to change. Treating providers are solely responsible for medical advice and treatment of members. Members should discuss any medical policy related to their coverage or condition with their provider and consult their benefit information to determine if the service is covered. If there is a discrepancy between this medical policy and a member's benefit information, the benefit information will govern. Capital considers the information contained in this medical policy to be proprietary and it may only be disseminated as permitted by law.

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Other:

Novitas Medicare Services Local Coverage Determination ([LCD](#)) [L27476](#): Botulinum Toxin Type A and B. Effective 04/02/12.

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IX. CODING INFORMATION

Note: This list of codes may not be all-inclusive, and codes are subject to change at any time. The identification of a code in this section does not denote coverage as coverage is determined by the terms of member benefit information. In addition, not all covered services are eligible for separate reimbursement.

Covered when medically necessary:

CPT Codes®							
32664	64650	64653	69676				

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HCPCS Code	Description
J0585	INJECTION, ONABOTULINUMTOXINA, 1 UNIT
J0586	INJECTION, ABOBOTULINUMTOXINA, 5 UNITS
J0587	INJECTION, RIMABOTULINUMTOXINB, 100 UNITS
J0588	INJECTION, INCOBOTULINUMTOXINA, 1 UNIT

ICD-9-CM Diagnosis Code*	Description
705.21	PRIMARY FOCAL HYPERHIDROSIS
705.22	SECONDARY FOCAL HYPERHIDROSIS
708.8	GENERALIZED HYPERHIDROSIS

*If applicable, please see Medicare LCD or NCD for additional covered diagnoses.

Iontophoresis and Microwave treatment when used for treatment of hyperhidrosis is considered investigational; therefore not covered:

CPT Codes®							
97033	97024						

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The following ICD-10 diagnosis codes will be effective October 1, 2015

ICD-10-CM Diagnosis Code*	Description
L74.510	Primary focal hyperhidrosis, axilla
L74.511	Primary focal hyperhidrosis, face
L74.512	Primary focal hyperhidrosis, palms
L74.513	Primary focal hyperhidrosis, soles
L74.519	Primary focal hyperhidrosis, unspecified
L74.52	Secondary focal hyperhidrosis
R61	Generalized hyperhidrosis

*If applicable, please see Medicare LCD or NCD for additional covered diagnoses.

X. POLICY HISTORY

MP 2.005	CAC 4/26/11 New policy. Adopting BCBSA. Information related to iontophoresis for tx of hyperhidrosis was extracted from MP 2.006 Botulinum Toxin. Policy statement changed from medically necessary, when criteria for coverage is met, to investigational.
	CAC 11/22/11 Minor revision to match BCBSA policy statement revision for 4:2011 issue. Changed onabotulinumtoxinA to botulinum toxin indicating a class effect.
	CAC 1/29/13 Minor revision. Policy revised to add microwave treatment as investigational for axillary hyperhidrosis. FEP variation revised to refer to the FEP manual. Codes reviewed 11/15/2012-SKB
	CAC 1/28/14 Minor revision. Radiofrequency ablation was added as investigational for the treatment of palmar hyperhidrosis. For palmar, plantar and craniofacial hyperhidrosis, microwave treatment was added as investigational, Rationale and guidelines added. References updated. Code review complete.

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