

# Pediatric Turbinoplasty

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Recent review date: 3/2026

Next review date: 7/2027

Policy contains: nasal obstruction, turbinate hypertrophy, rhinitis, rhinosinusitis, turbinectomy, turbinoplasty

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## Coverage policy

Turbinoplasty, or turbinate reduction, for children is clinically proven and, therefore, may be medically necessary for persistent, symptomatic turbinate hypertrophy when all of the following criteria are met (Maniaci, 2024; Seidman, 2015):

- Turbinate hypertrophy is documented by direct visualization or nasal endoscopy.
- The enlarged turbinates are causing obstruction to breathing or are due to chronic sinusitis (symptoms  $\geq$  six weeks).
- Intranasal corticosteroid spray has been trialed for at least three months and failed to adequately improve symptoms or is contraindicated/not tolerated.
- A course of medical management has been attempted and failed or is contraindicated.
- Only inferior turbinates are reduced.

Turbinate reduction is clinically proven and, therefore, may be medically necessary when performed during tonsillectomy/adenoidectomy if the turbinates are enlarged and causing significant nasal obstruction (Maniaci, 2024).

### Limitations

Members under age two are not candidates for turbinoplasty. The procedure is investigational/not clinically proven and, therefore, not medically necessary before this age.

Turbineotomy, or removal of bone, in children is investigational/not clinically proven and, therefore, not medically necessary.

### Alternative covered services

- Balloon ostial sinuplasty.
- Standard treatments for chronic nasal congestion, deviated septum, snoring, sleep apnea, or nosebleeds, including corticosteroid injections and nasal corticosteroid sprays/decongestants.

## Background

The superior, middle, and inferior turbinates are bonelike structures in the inferior part of the nose that clean, warm, and humidify inhaled air. The turbinates are composed of fleshy tissue with very fine bones supporting them. Turbinate hypertrophy, which can be caused by allergy, infection, and hormonal changes, results in nasal obstruction (allergic, vasomotor, or infectious rhinitis), as measured by the amount of air flow in the nose (Abdullah, 2021).

Antihistamines, topical decongestants, and topical corticosteroids are often effective in treating nasal obstruction. If these therapies are unsuccessful after three to six months, surgery can be considered (Komshian, 2019). Procedures include adenoidectomy, sinus puncture/lavage, open surgical approaches, endoscopic sinus surgery, balloon sinuplasty, turbineotomy, and turbinate reduction (Isaacson, 2015).

Surgical reduction of the inferior turbinate can relieve nasal block while retaining turbinate function. Surgery of the inferior turbinate involves removal of the mucosa, soft erectile tissue, and turbinate bone. Techniques include conventional (partial or total), laser, cryo-, and electro-cautery turbineotomy. Because surgery results in excess loss of bone and mucosa tissue, turbinoplasty (which preserves functional medial mucosa) can be performed instead (Abdullah, 2021), most commonly by submucous resection or tissue ablation (Seidman, 2015).

In the pediatric population, the procedure involves reduction of excess reactive soft tissues of the turbinate and not the underlying supporting bone. Turbinate reduction surgery in children, as compared with adults, has been described as “contentious and debatable” due to concerns over complications like excessive bleeding, damage to the mucosa with synechiae and tear, disruption of nasal physiology and function, and disturbance of facial development (Abdullah, 2021). Moreover, consensus on the preferred approach is lacking (Komshian, 2019).

## Findings

### Guidelines

To address the absence of specific surgical guidelines for children, an international group of otolaryngologists developed a clinical consensus statement using a modified Delphi process, incorporating a literature review of eight articles including meta-analysis, systematic reviews, and case studies (n = 3,088). The recommendations pertained to the diagnosis, treatment, and follow-up of pediatric turbinate hypertrophy. Pediatric turbinoplasty should be offered after medical therapy failure using minimally invasive techniques (e.g., coblator, radiofrequency, or microdebrider-assisted inferior turbinoplasty); it can be performed with other pediatric otolaryngology procedures (e.g., myringotomy, adenoidectomy, tonsillectomy, adenotonsillectomy, or functional endoscopic sinus surgery) (Maniaci, 2024).

The American Association of Family Physicians’ guideline on rhinosinusitis only addresses adult cases (Keating, 2023). The American Academy of Otolaryngology’s guideline on allergic rhinitis with nasal obstruction and enlarged inferior turbinates supports the referral of patients who failed medical management to specialists for

surgery; children younger than age two were excluded from this guideline. The Academy concludes that “inferior reduction surgery is a reasonable option” for allergic rhinitis patients who have inferior turbinate hypertrophy with symptoms despite medical management; benefits cited include improved symptoms, improved quality of life, improved medication delivery, reduced medication use, and better sleep. The Academy graded evidence for necessity Moderate/Grade C, due to a lack of head-to-head trials between medical and surgical outcomes (Seidman, 2015).

### Evidence review

Results of systematic reviews and other large reviews support turbinoplasty and turbinectomy as safe and effective treatments in children with inferior turbinate hypertrophy refractory to medical management. Non-mucosal-sparing turbinectomy surgery often results in postoperative complications (excessive bleeding, crusting, pain, and prolonged recovery period), and thus mucosal-sparing procedures (turbinoplasty) are typically the preferred option for cases of nasal obstruction refractory to conservative treatment (Abdullah, 2021). There is insufficient evidence to determine the superiority of any turbinoplasty technique for treating inferior turbinate hypertrophy.

Adding turbinate reduction to endoscopic sinus surgery had no significant impact on rates of readmission within 30 days (McKeon, 2019), and adding turbinectomy to tonsillectomy/adenoidectomy procedures did not significantly raise rates of 14-day relevant revisits (9.4% versus 8.6%,  $P = .11$ ) or hemorrhage requiring cauterization (1.5% versus 1.4%;  $P = .64$ ) (Yuen, 2017).

A systematic review of 13 studies ( $n = 1,111$ ) of turbinate surgery in children showed postoperative improvement in nasal congestion. Authors concluded the procedure to be safe, based on a complication rate of 3.12% — mostly minor bleeding, crust, and pain. Due to poor quality of studies, a surgical technique could not be recommended, but the safest were microdebrider-assisted inferior turbinoplasty, radiofrequency, coblation, and laser (Calvo-Henriquez, 2020).

A systematic review of 58 studies analyzed results of surgery for inferior turbinate hypertrophy, excluding patients with refractory allergic/vasomotor/hypertrophic rhinitis. Turbinectomy and submucosal resection had elevated rates of crusting and epistaxis. Conservative treatments such as cryotherapy and submucous diathermy did not provide long-term results. Authors judged submucosal resection and radiofrequency ablation to have the most positive outcomes (decreased nasal resistance and preserved mucosal function). The Sinno review did not distinguish results for children and adults separately (Sinno, 2016).

Two updated analyses examined the efficacy, safety, and long-term outcomes of pediatric turbinate reduction surgery, the results of which confirmed earlier findings. A meta-analysis ( $n = 510$ ) showed improved nasal patency post-surgery with similar success in various surgical techniques, highlighting the effectiveness of rhinoplasty in treating a nasal obstruction in the midterm (Alves de Sousa, 2023). Finally, a systematic review of 23 studies ( $n = 5,206$ ) found turbinate reduction generally safe and effective, particularly for cases resistant to medical treatment, with low complication rates such as crust formation (Aljerais, 2024).

In 2023, we added a consensus statement and new review information to the policy and changed the coverage from investigational to medically necessary based on the new information.

In 2024, we removed three non-seminal studies that were published more than 10 years ago and added new analyses to the policy. No policy changes are warranted.

In 2025, we reorganized the findings, deleted older references, and added no newly published relevant literature to the policy. No policy changes are warranted.

In 2026, we updated the references with no newly published relevant literature added to the policy. No policy changes are warranted.

## References

On February 13, 2026, we searched PubMed and the databases of the Cochrane Library, the U.K. National Health Services Centre for Reviews and Dissemination, the Agency for Healthcare Research and Quality, and the Centers for Medicare & Medicaid Services. Search terms were “nasal obstruction/surgery” (MeSH), “turbinates/surgery” (MeSH), “nasal congestion,” “rhinitis,” “rhinosinusitis,” “turbinate hypertrophy,” “turbinectomy,” and “turbinoplasty.” We included the best available evidence according to established evidence hierarchies (typically systematic reviews, meta-analyses, and full economic analyses, where available) and professional guidelines based on such evidence and clinical expertise.

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Sinno S, Mehta K, Lee Z-H, Kidwai S, Saadeh PB, Lee MR. Inferior turbinate hypertrophy in rhinoplasty: Systematic review of surgical techniques. *Plast Reconstr Surg*. 2016;138(3):419e-429e. Doi: 10.1097/PRS.0000000000002433.

Yuen SN, Leung PP, Funamura J, Kawai K, Roberson DW, Adil FA. Complications of turbinate reduction surgery in combination with tonsillectomy in pediatric patients. *Laryngoscope*. 2017;127(8):1920-1923. Doi: 10.1002/lary.26421.

## Policy updates

1/2022: initial review date and clinical policy effective date: 2/2022

4/2023: Policy modified from investigational to medically necessary, references updated.

3/2024: Policy references updated.

3/2025: Policy references updated.

3/2026: Policy references updated.

## Related Codes

Below are the most commonly submitted codes for the service(s)/item(s) subject to this policy CCP.1507. This is not an exhaustive list of codes. Providers are expected to consult the appropriate coding manuals and bill accordingly.

Code	Code Description
30801	Ablation, soft tissue of inferior turbinates, unilateral or bilateral, any method (e.g., electrocautery, radiofrequency ablation, or tissue volume reduction); superficial
30802	Ablation, soft tissue of inferior turbinates, unilateral or bilateral, any method (e.g., electrocautery, radiofrequency ablation, or tissue volume reduction); intramural (i.e., submucosal)
30130	Excision inferior turbinate, partial or complete, any method
30140	Submucous resection inferior turbinate, partial or complete, any method