

# MEDICAL POLICY

|                        |   |
|------------------------|---|
| Medical Policy Title   | Vitreotomy Chair/Face-down Positioning System |
| Policy Number          | 1.01.52                                       |
| Current Effective Date | April 16, 2026                                |
| Next Review Date       | April 2027                                    |

Our medical policies are guides to evaluate technologies or services for medical necessity. Criteria are established through the assessment of evidence based, peer-reviewed scientific literature, and national professional guidelines. Federal and state law(s), regulatory mandates and the member's subscriber contract language are considered first in the determination of a covered service. ([Link to Product Disclaimer](#))

## POLICY STATEMENT(S)

- I. Use of a vitrectomy chair or face-down support system is considered **medically appropriate** following vitrectomy surgery, if a face-down position is required.

## RELATED POLICIES

Not Applicable

## POLICY GUIDELINE(S)

- I. Benefits for a vitrectomy chair/face-down support system are provided through rental only.

## DESCRIPTION

A vitrectomy is the surgical removal of the vitreous humor and is performed to clear blood and debris from the eye, to remove scar tissue, or to alleviate traction on the retina. At the completion of the surgery, gas or silicone oil may be injected into the eye, creating a bubble for retinal tamponade to keep the retina in place. As the retina is located in the back of the eye, recovering patients may be required to maintain a face-down position in order for the bubble to effectively apply pressure to the area, to enhance healing. The pressure allows the retina to re-bond with the eye wall, while new vitreous forms and replaces the bubble. Common indications for vitrectomy include macular hole repair, detached retina, vitreous hemorrhage, macular pucker, macular edema, diabetic retinopathy, and trauma.

A vitrectomy chair or face-down support system is designed for use by patients who have undergone vitrectomy surgery and thus assists with maintaining the face-down positioning requirement. Some patients may require the position for only a day, while others may have to maintain several hours daily of a face-down position for as long as three weeks.

## SUPPORTIVE LITERATURE

A face-down vitrectomy system can assist in the maintenance of a face-down position, postoperatively, for those patients whose surgeon has recommended the device. Many patients are more readily able to comply with the strict positioning requirements when utilizing the device. Some studies have demonstrated better outcomes in healing utilizing face-down positioning.

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Hu Z, et al (2016) conducted a meta-analysis of four randomized control trials (RCTs) comprising 251 cases which concluded that no-face-down positioning had similar results to face-down positioning for holes smaller than 400  $\mu\text{m}$ , but face-down positioning may be beneficial for holes larger than 400  $\mu\text{m}$ .

Another meta-analysis (Ye 2019) of five randomized controlled trials composed of a total of 183 eyes in the face down positioning group (FDP) and 175 eyes in the non-face down positioning (nFDP) group which studied the closure rate of macular holes (MH) following surgery. Statistical meta-analysis revealed that the overall MH closure rate in the FDP group was significantly higher than that in the nFDP group (OR = 2.27, 95% CI: 1.02 to 5.05, P = 0.04). For MH sizes smaller than 400  $\mu\text{m}$ , the subgroup meta-analysis indicated that the closure rate of the FDP group was not significantly higher than that of the nFDP group (OR = 1.32, 95% CI: 0.39 to 4.49, P = 0.66). However, when MH size was larger than 400  $\mu\text{m}$ , there was a significantly higher closure rate in the FDP group (OR = 2.95, 95% CI: 1.10 to 7.94, P = 0.03). The authors concluded that the meta-analysis provides evidence that a face-down postoperative position seems to be unnecessary when MHs are smaller than 400  $\mu\text{m}$  but may be highly recommended for MHs larger than 400  $\mu\text{m}$ .

A Cochrane review (Cundy 2023) included eight randomized controlled trials (RCTs), comprised of 709 eyes (699 participants) total, in which postoperative face-down positioning was compared to no face-down positioning following surgery for macular holes. The primary outcome of interest was closure of the macular hole. The primary outcome of successful anatomical hole closure at one to six months following surgery was reported in 95 of every 100 eyes of participants advised to position face-down for at least three days after surgery, and in 85 of every 100 eyes of participants not advised to position face-down (RR 1.05, 95% CI 0.99 to 1.12, 709 eyes, 8 studies,  $I^2 = 44\%$ ). Amongst the 327 eyes of participants with macular holes of at least 400  $\mu\text{m}$ , hole closure was noted in 94 of every 100 eyes of participants advised to position face-down, and in 84 of every 100 eyes of participants not advised to position face-down (RR 1.08, 95% CI 0.93 to 1.26, 5 studies,  $I^2 = 62\%$ ). Amongst the 129 eyes of participants with macular holes of less than 400  $\mu\text{m}$ , hole closure was noted in 100 of every 100 eyes of participants advised to position face-down, and in 96 of every 100 eyes of participants not advised to position face-down (RR 1.03, CI 0.97 to 1.11, 4 studies,  $I^2 = 0\%$ ). The included studies were not all directly comparable due to differences in the surgical techniques used and the durations of postoperative positioning advised.

### PROFESSIONAL GUIDELINE(S)

The American Academy of Ophthalmology (AAO) preferred practice pattern for idiopathic macular hole (2024) state in the early days of macular hole surgery, patients were instructed to maintain a face-down position for 10 to 14 days postoperatively to optimize macular hole closure. Postoperative prone positioning is uncomfortable for the patient, even though immobilization is not required. In some patients, positioning may be extremely difficult or even lead to pressure sores or neuropathy. Studies have reported excellent results using face-down positioning for 1 to 3 days. Longer positioning may be required for holes larger than 400  $\mu\text{m}$  or those with inadequate tamponade. Extended duration of face-down positioning minimizes the risk of cataract progression and provides some tamponade of the macular hole.

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### REGULATORY STATUS

Not Applicable

### CODE(S)

- Codes may not be covered under all circumstances.
- Code list may not be all inclusive (AMA and CMS code updates may occur more frequently than policy updates).
- (E/I)=Experimental/Investigational
- (NMN)=Not medically necessary/appropriate

### CPT Codes

| Code           | Description |
|----------------|-------------|
| Not Applicable |             |

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### HCPCS Codes

| Code | Description  |
|------|--|
|      | There is no specific HCPCS code; E1399 (durable medical equipment, miscellaneous) may be billed. |

### ICD10 Codes

| Code    | Description  |
|---------|--|
| E10.311 | Type 1 diabetes mellitus with unspecified diabetic retinopathy with macular edema              |
| E11.311 | Type 2 diabetes mellitus with unspecified diabetic retinopathy with macular edema              |
| E10.319 | Type 1 diabetes mellitus with unspecified diabetic retinopathy without macular edema           |
| E11.319 | Type 2 diabetes mellitus with unspecified diabetic retinopathy without macular edema           |
| E10.329 | Type 1 diabetes mellitus with mild nonproliferative diabetic retinopathy without macular edema |
| E11.329 | Type 2 diabetes mellitus with mild nonproliferative diabetic retinopathy without macular edema |

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| <b>Code</b>         | <b>Description</b>   |
|---------------------|--|
| E10.339             | Type 1 diabetes mellitus with moderate nonproliferative diabetic retinopathy without macular edema |
| E11.339             | Type 2 diabetes mellitus with moderate nonproliferative diabetic retinopathy without macular edema |
| E10.349             | Type 1 diabetes mellitus with severe nonproliferative diabetic retinopathy without macular edema   |
| E11.349             | Type 2 diabetes mellitus with severe nonproliferative diabetic retinopathy without macular edema   |
| E10.359             | Type 1 diabetes mellitus with proliferative diabetic retinopathy without macular edema             |
| E11.359             | Type 2 diabetes mellitus with proliferative diabetic retinopathy without macular edema             |
| H33.001-<br>H33.009 | Unspecified retinal detachment with retinal break (code range)                                     |
| H33.011-<br>H33.019 | Retinal detachment with single break (code range)  |
| H33.021-<br>H33.029 | Retinal detachment with multiple breaks (code range)   |
| H33.031-<br>H33.039 | Retinal detachment with giant retinal tear (code range)  |
| H33.041-<br>H33.049 | Retinal detachment with retinal dialysis (code range)  |
| H33.051-<br>H33.059 | Total retinal detachment (code range)  |
| H33.20-<br>H33.23   | Serous retinal detachment (code range)   |
| H33.40-<br>H33.43   | Traction detachment of retina (code range)   |
| H33.8               | Other retinal detachments  |
| H35.351-<br>H35.359 | Cystoid macular degeneration (code range)  |

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| Code                | Description   |
|---------------------|---|
| H35.371-<br>H35.379 | Puckering of macula (code range)                                  |
| H35.721-<br>H35.729 | Serous detachment of retinal pigment epithelium (code range)      |
| H35.731-<br>H35.739 | Hemorrhagic detachment of retinal pigment epithelium (code range) |
| H35.81              | Retinal edema   |
| H43.10-<br>H43.13   | Vitreous hemorrhage (code range)                                  |

### REFERENCES

American Academy of Ophthalmology [Internet]. American Academy of Ophthalmology Retina/Vitreous Committee, Hoskins Center for Quality Eye Care. Idiopathic macular hole preferred practice pattern 2024. 2024 Sep 13 [accessed 2026 Mar 24]. Available from:

<https://www.aao.org/preferred-practice-pattern/idiopathic-macular-hole-ppp>

Cundy O, et al. Face-down positioning or posturing after macular hole surgery. Cochrane Database Syst Rev. 2023 Nov;11(11):CD008228.

Hu Z, et al. Face-down or no face-down posturing following macular hole surgery: A meta-analysis. Acta Ophthalmol. 2016 Jun;94(4):326-33.

Solebo AL, et al. Face-down positioning or posturing after macular hole surgery. Cochrane Database Syst Rev 2011 Dec 7;(12):CD008228.

Ye T, et al. Macular hole surgery recovery with and without face-down posturing: a meta-analysis of randomized controlled trials. BMC Ophthalmol. 2019 Dec 21;19(1):265.

### SEARCH TERMS

Vitrectomy Recovery Solutions, Vitrectomy Solution Day Timer System Seat, Comfort Solutions, Day Timer Face Down Chair, NightTimer Face-Support System

### CENTERS FOR MEDICARE AND MEDICAID SERVICES (CMS)

A vitrectomy chair/face-down support system is not addressed in National or Regional Medicare coverage determinations or policies.

### PRODUCT DISCLAIMER

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- Services are contract dependent; if a product does not cover a service, medical policy criteria do not apply.
- If a commercial product (including an Essential Plan or Child Health Plus product) covers a specific service, medical policy criteria apply to the benefit.
- If a Medicaid product covers a specific service, and there are no New York State Medicaid guidelines (eMedNY) criteria, medical policy criteria apply to the benefit.
- If a Medicare product (including Medicare HMO-Dual Special Needs Program (DSNP) product) covers a specific service, and there is no national or local Medicare coverage decision for the service, medical policy criteria apply to the benefit.
- If a Medicare HMO-Dual Special Needs Program (DSNP) product DOES NOT cover a specific service, please refer to the Medicaid Product coverage line.

| <b>POLICY HISTORY/REVISION</b>   |  |
|--|--|
| <b>Committee Approval Dates</b>  |  |
| 04/24/14, 04/23/15, 04/28/16, 04/27/17, 04/26/18, 04/25/19, 04/16/20, 04/22/21, 04/21/22, 04/20/23, 04/18/24, 04/17/25, 04/16/26 |  |
| <b>Date</b>  | <b>Summary of Changes</b>  |
| 04/16/26   | <ul style="list-style-type: none"><li>• Annual review, policy intent unchanged.</li></ul>  |
| 04/17/25   | <ul style="list-style-type: none"><li>• Annual review, policy intent unchanged.</li></ul>  |
| 01/01/25   | <ul style="list-style-type: none"><li>• Summary of changes tracking implemented.</li></ul> |
| 04/24/14   | <ul style="list-style-type: none"><li>• Original effective date</li></ul>                  |