<<Month DD, YYYY>>

Dear Medical Reviewer,

This is a letter of medical necessity for <<Patient First Name>> <<Patient Last Name>>, <<Patient DOB MM/DD/YYYY.>> This patient has been under my care, beginning <<MM/DD/YYYY>>.

This patient presents with a <<Months/Years>> history of vaginal muscle tightness and painful intercourse.

During a routine pelvic exam, the patient experienced an abnormal amount of pain beyond standard discomfort. Her Lamont Pelvic Exam was a <<Level 1: Pelvic floor spasming, but you can be reassured and proceed with an examination. Level 2: Pelvic floor spasming, but you never really become reassured/relaxed during an examination. Level 3--Pelvic floor spasming severe enough to raise her buttocks away from the exam table. Level 4--Lifting buttocks and closing thighs to prevent examination, Level 5: visceral reaction to a pelvic exam with generalized retreat.>>.

This reaction is consistent with a diagnosis of vaginismus <<N94.2 Vaginismus, F52.5 Psychogenic Vaginismus>> and dyspareunia <<N94.1 Dyspareunia, F52.6 Psychogenic Dyspareunia>>. This condition is characterized by involuntary muscle spasms of the pelvic floor muscles, which makes vaginal penetration extremely painful or impossible. This condition also significantly impacts her ability to undergo a standard gynecological examination, including those using a speculum.

During the discussion that followed, she provided an additional history of experiencing vaginal muscle tightness beyond a standard pelvic exam--including painful sex. Commonly, this condition is associated with an underlying pain syndrome that provokes pelvic floor hypertonicity. In this case, the precipitating pain syndrome is likely <<insert ICD-10 Diagnosis code(s) e.g., N95.1 Menopause, N95.2 Atrophic vaginitis, N95.8 Genitourinary Syndrome Menopause.>>

In my medical opinion, she requires vaginal dilation therapy to address her vaginal muscle tightness. The patient was instructed to purchase and use the Milli Expanding Vaginal Dilator.\* This specific product allows for gradual, controlled dilation of the vaginal tissue and most closely mimics the insertion and expansion of a standard speculum (HCPCS Code: E1399 Durable medical equipment, miscellaneous).

<<Insert, if relevant, additional treatments e.g., hormone (replacement) therapy, pelvic floor therapy, psychosexual therapy.>>

Regular use of the Milli Expanding Vaginal Dilator is medically necessary to facilitate a complete gynecological exam while also managing her vaginismus <<CPT Procedure Codes: 57400 Manipulation Procedures on the Vagina, 58999 Other Procedures on the Female Genital System>>. Please do not hesitate to reach out to me with further questions.

Sincerely,  
<<Insert signature here>>  
  
<<Clinician First Name>> <<Clinician Last Name>>, <<Credentials>>  
TX #######  
EIN ##-#######  
NPI ##########