



AETNA BETTER HEALTH®  
Coverage Policy/Guideline

Name: Isotretinoins

Page: 1 of 3

Effective Date: 12/5/2025

Last Review Date: 11/17/2025

Applies to:  New Jersey  
 Pennsylvania Kids

Maryland  
 Virginia

Florida Kids

### Intent:

The intent of this policy/guideline is to provide information to the prescribing practitioner outlining the coverage criteria for isotretinoin under the patient's prescription drug benefit.

### Description:

#### FDA-approved Indications

##### Absorica, Absorica LD

Absorica and Absorica LD are indicated for the treatment of severe recalcitrant nodular acne in non-pregnant patients 12 years of age and older with multiple inflammatory nodules with a diameter of 5 mm or greater. Because of significant adverse reactions associated with its use, Absorica and Absorica LD are reserved for patients with severe nodular acne who are unresponsive to conventional therapy, including systemic antibiotics.

##### **Limitations of Use**

If a second course of Absorica/Absorica LD therapy is needed, it is not recommended before a two-month waiting period because the patient's acne may continue to improve following a 15 to 20-week course of therapy.

##### Accutane, Amnesteem, Claravis, Zenatane

Isotretinoin is indicated for the treatment of severe recalcitrant nodular acne. Nodules are inflammatory lesions with a diameter of 5 mm or greater. The nodules may become suppurative or hemorrhagic. "Severe," by definition, means "many" as opposed to "few or several" nodules. Because of significant adverse effects associated with its use, isotretinoin should be reserved for patients with severe nodular acne who are unresponsive to conventional therapy, including systemic antibiotics. In addition, isotretinoin is indicated only for those patients who are not pregnant, because isotretinoin can cause life-threatening birth defects.

A single course of therapy for 15 to 20 weeks has been shown to result in complete and prolonged remission of disease in many patients. If a second course of therapy is needed, it should not be initiated until at least 8 weeks after completion of the first course, because experience has shown that patients may continue to improve while off isotretinoin. The optimal interval before retreatment has not been defined for patients who have not completed skeletal growth.

##### Compendial Uses

- Acne – severe
- Cutaneous T-Cell Lymphoma (CTCL) (e.g., mycosis fungoides, Sézary syndrome)
- Keratosis follicularis (Darier Disease) – severe
- Keratosis Palmaris et Plantaris - severe
- Lamellar ichthyosis – severe skin involvement



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- Neuroblastoma
- Pityriasis rubra pilaris
- Rosacea – severe refractory
- Squamous Cell Cancers – to reduce the development of precancers and skin cancers in high-risk patients
- Transient acantholytic dermatosis (Grover’s Disease) – severe

### Drug List:

Isotretinoin

### Policy/Guideline:

#### Coverage Criteria

##### Acne Vulgaris, Rosacea

Authorization may be granted when the patient has a diagnosis of severe recalcitrant nodular acne vulgaris, severe acne vulgaris, OR severe refractory rosacea when ALL of the following criteria are met:

- The patient has tried and had an inadequate treatment response to ANY topical acne product AND an oral antibiotic  
[Note: Topical products include salicylic acid, benzoyl peroxide, azelaic acid, adapalene, tretinoin, tazarotene, clindamycin, erythromycin, or metronidazole for rosacea. Oral antibiotics include minocycline, doxycycline, tetracycline, erythromycin, trimethoprim-sulfamethoxazole, trimethoprim, azithromycin.]
- Treatment will be limited to 40 weeks (2 courses) or less AND with at least 8 weeks between each course

##### Neuroblastoma, Cutaneous T-cell Lymphoma (CTCL), Squamous Cell Cancers, Grover’s Disease, Darier Disease, Lamellar Ichthyosis, Pityriasis Rubra Pilaris, Keratosis Palmaris et Plantaris

Authorization may be granted when the patient has a diagnosis of neuroblastoma, cutaneous T-cell lymphoma (CTCL) (e.g., mycosis fungoides, Sézary syndrome), is at high risk for developing skin cancer (squamous cell cancers), transient acantholytic dermatosis (Grover’s Disease), keratosis follicularis (Darier Disease), lamellar ichthyosis, pityriasis rubra pilaris, OR keratosis palmaris et plantaris

### Approval Duration and Quantity Restrictions:

#### Initial and Renewal Approval:

- 12 months
  - Note: for acne vulgaris or rosacea authorization may be entered as two separate 5-month approvals with a minimum 8-week waiting period



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**Quantity Level Limits:** Reference formulary for specific quantity limits.

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