

# Superior 36 Ptosis Exam

## Your Comprehensive Guide

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**The Superior 36 exam may not be an everyday screening in your practice, but conducting the occasional visual field test for eyelid surgery can have a tremendous impact on your patients' quality of life.** [Ptosis](#), or blepharoptosis, is characterized by a droopy eyelid. For many people, it's a cosmetic complaint, but for others, it can interfere with their field of vision.

Carrot's Superior 36 visual field exam is the fast, portable way to measure the impact of ptosis. Our patient-friendly headset collects the data you need to guide treatment and, if necessary, support medical necessity for oculoplastic referrals.

### Superior 36 Visual Field Test for Ptosis Overview

The most obvious signs of [ptosis](#) don't need to be identified with a specialized exam. Patients may have a visibly drooping eyelid, sometimes with a habit of raising an eyebrow to see better. They may even tilt their head to see under their weakened eyelids, which can lead to neck complaints or headaches. Blepharoptosis can be a congenital condition, but more often, it is acquired due to aging, injury, or following surgery.

For ptosis requiring [surgical correction](#), you must complete a field-of-vision test for blepharoplasty. The Superior 36 is an abbreviated exam, not a complete visual field assessment, consisting of 36 data points collected from the upper 52 degrees of the visual field. In addition to these data points, documentation typically includes photographs of the patient's eye and eyelid, along with a detailed description of the impact ptosis has on the patient's quality of life. Carrot can [collect all the data you need](#), then upload it directly to your EHR, where you can add details with ease.

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## Academic references and clinical validation



Drooping eyelids are sometimes unnoticed or disregarded as unremarkable cosmetic complaints, but they can lead to other conditions. [An older study](#) of patients with blepharoptosis found that surgical treatment helped reduce dry eye symptoms for 86% of patients.



Treating ptosis with surgical intervention requires a specific test, like the Superior 36. [CMS has outlined](#) the definitions and requirements for intervention.



Following a Superior 36 exam, ptosis patients may find relief with drops like [oxymetazoline](#), which is a [recently approved](#) treatment.

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## The Superior 36 at a Glance

For patients who complain of drooping eyelids, the Superior 36 can be vital to get them treatment. It's a fast, simple exam, particularly when you use Carrot. Patients usually don't find it fatiguing, but it can be uncomfortable if you need to tape their eyelids. It is an effective test for diagnosing and guiding the treatment of blepharoptosis, but it's not a complete visual field exam. The Superior 36 is available with [Carrot's Basic and Pro subscriptions](#), so you can quickly access this specialized exam for any patient who [struggles with their upper visual field](#).

## Pros and Cons of the Superior 36 Visual Field Test

We know the superior 36 exam is efficient, useful, and widely used, but there are pros and cons to incorporating this test into your routine.

PROS	CONS
The Superior 36 is an abbreviated visual field test, so you can quickly collect information.	The Superior 36 focuses only on the superior visual field, so it's not applicable for a complete visual field examination.
This test is most often required by insurers to demonstrate medical necessity for eyelid surgery.	Patients who need complete visual field assessment may need additional testing.
36 data points offer quality insight into the patient's visual field.	Taping the eyelids can be awkward and uncomfortable for patients.

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## List of Ocular Diseases Monitored and Diagnoses Identified by the Superior 36 Exam

<p><b>Ptosis (Blepharoptosis)</b></p>	<p>Drooping of the upper eyelid due to dysfunction of the levator muscle can obstruct the superior visual field. The test helps assess the degree of visual impairment caused by <a href="#">ptosis</a>.</p>
<p><b>Pseudoptosis</b></p>	<p>A condition that mimics ptosis but is caused by other factors, such as hypotropia (a downward eye position) or a small eye. The Superior 36 test can help differentiate between true ptosis and other causes of superior field loss.</p>
<p><b>Brow Ptosis</b></p>	<p><a href="#">Drooping of the eyebrow</a> due to weakened forehead muscles, which can lead to secondary eyelid obstruction. The test helps determine if the superior visual field is compromised due to a lowered brow rather than eyelid dysfunction.</p>
<p><b>Dermatochalasis</b></p>	<p><a href="#">Excessive skin</a> on the upper eyelid that can fold over and block the superior visual field. The test helps quantify the extent of field loss due to the extra skin.</p>
<p><b>Other Conditions</b></p>	<p>Superior 36 visual field testing can also be used to monitor the impact of: Stroke • Post-surgical or post-traumatic changes • Neurogenic ptosis • Tumors or masses • Myasthenia gravis • <a href="#">Horner's syndrome</a> • Styes</p>

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## Example Superior 36 Report

**RIGHT** | Sep 13, 2023, 12:29 PM
Visual Field | Carrot

MRN <b>pa_f8b21eee</b>	FOVEA <b>Disabled</b>
PATTERN <b>Superior 36</b>	STRATEGY <b>Suprathreshold</b>
STIMULUS <b>III, White</b>	FIXATION TARGET <b>Lower Point</b>
RX <b>+0.0 DS +0.0 DC +0.0 AX +0.00 EQ</b>	

DURATION <b>0:58</b>	SEEN <b>29/36</b>
FIXATION LOSSES <b>1/3</b>	NOT SEEN <b>7/36</b>
FALSE POSITIVES <b>0%</b>	SEEN % <b>80%</b>
FALSE NEGATIVES <b>0/2</b>	CENTRAL REFERENCE <b>-</b>

OUR NOTES

NOTES

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## Billing and Coding for Superior 36 Blepharoptosis Visual Field Testing

Using Carrot, you can bill CPT code 92081 for the Superior 36 exam. This test is reimbursable between \$15 and \$42, depending on your practice location, setting, modifiers, and other details. Refer to the [Medical Physician Fee Schedule \(MPFS\)](#) for updated fees.

### When is the Superior 36 visual field exam required?

Patients who complain about drooping upper eyelids due to aging or after an injury should complete the Superior 36. This test is required to demonstrate the constriction of the superior visual field, inform medical intervention, and support insurance coverage eligibility. This pre-surgical assessment can be used as a differential diagnosis for blepharoptosis, brow ptosis, dermatochalasis, and other visual field conditions. The Superior 36 is not usually used for monitoring progressive conditions, but you may conduct it more than once to follow up on ptosis treatments.

### Is the Superior 36 test required for driver's licenses?

The Superior 36 visual field exam is specifically used to diagnose and measure ptosis. It's not relevant for driver's licensing, but if the patient's field of vision is highly occluded by ptosis, they may have trouble driving safely. It's unlikely, but as part of your blepharoplasty consultation, you may discover that ptosis is limiting a patient's field of vision below the state minimum for driver's licensing.

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## Start Conducting the Superior 36 with Carrot

Adding the Superior 36 visual field test to your toolkit can help tick the boxes for insurance, and it can help support patients who may not realize their vision is impacted by ptosis. Drooping eyelids may seem minor, but they can affect vision, posture, and quality of life for some. With Carrot, this already-abbreviated test is even faster, more portable, and easy to integrate into your workflow. In just a few minutes, you can help justify medical interventions and improve functional vision for patients struggling with ptosis.

### Ready to get started?

Schedule a demo or begin your 30-day free trial of Carrot to offer an exceptional eye exam experience in your practice.

[Book a demo](#)[Start your 30-day trial](#)

Questions? Contact [sales@carrot.io](mailto:sales@carrot.io) talk to a Carrot expert today.