

## Bedfordshire and Hertfordshire Priorities Forum Statement

Number: 68

Subject: Removal of excess skin – body contouring

(includes abdominoplasty/ apronectomy/ buttock/ thigh/ arm-lift and occasionally any other areas of skin e.g chin)

Date: May 2016

Date due for review: May 2019

### GUIDANCE

**Removal of excess skin is generally not funded on cosmetic grounds. Cosmetic surgery is not generally considered for funding in those aged 18 years and under. An exception may be made when:**

The starting Body Mass Index (BMI)<sup>1</sup> was 45 kg/m<sup>2</sup> or above and the current BMI is between 18 and 27 kg/m<sup>2</sup> and has been maintained at this level for at least 24 months. [If 20 points on the BMI scale have been lost and this has been maintained for at least 24 months but the current BMI is not below 27 kg/m<sup>2</sup>, cases will be considered on an individual basis.]

AND

Same site excess skin removal has not already been performed.

AND EITHER

- Documented evidence of clinical pathology due to the excess of overlying skin for a minimum period of one year e.g. severe and documented recurrent infections or cellulitis (excluding intertrigo) that has not responded to systemic antibiotics or anti-fungals for minimum period of one year; recurrent ulceration/significant lymphoedema with fluid leakage;

OR

- The specified area of excess skin is causing significant difficulties with Activities of Daily Living as documented on the Barthel scale. (In the case of abdominoplasty/apronectomy the excess skin will be hanging well below the pubis);

N.B. Purely cosmetic procedures such as removal of surplus skin irrespective of site will not be funded.

*[Photographic evidence and copies of clinical records may be required to demonstrate the case that the patient meets the criteria.]*

---

<sup>1</sup> BMI – a measurement that is used to indicate whether a person is underweight, normal weight or overweight. It is calculated by dividing weight in kilograms(kg) by height in metres squared(m<sup>2</sup>). For example, a person who is 1.5metres tall and weighs 55kg has a BMI  $[55/(1.5 \times 1.5)]=24$ . A BMI less than 20 indicates that the person is underweight, 20–25 indicates that the person is normal weight, 26-30 indicates that the person is overweight and greater than 30 the person is obese.