

## SHIP8 Clinical Commissioning Groups Priorities Committee

No. 56

### Policy Recommendation: Excision of skin following massive weight loss

Date of issue: July 2019

The committee heard that complications from this surgery are common. However it recommends that some interventions are of sufficient value in terms of benefit and outcome when the patient meets the criteria stated below.

Excision of skin following massive weight loss including abdominoplasty, mammoplasty and removal of skin folds from the inner thighs were considered to give benefit. However cosmetic procedures such as removal of surplus skin from arms, liposuction, buttock, thigh and upper arm lifts are considered cosmetic and are low priority.

Patients may be considered for eligibility if the following conditions are met;

- The starting BMI before weight loss must have been no less than the access criteria for bariatric surgery<sup>1</sup>;

**AND**

- The patients BMI must either be less than 30kg/m<sup>2</sup> *or* the patient has lost at least 75% of the excess weight<sup>2</sup>;

**AND**

- The target weight has both been documented as being achieved and maintained for a period of at least six months;

**AND**

- The patients are proven to be not smoking;

**AND**

- The patient is experiencing significant functional disability with a measurable reduction using a recognised scoring measure such as the [Barthel ADL Score](#) or [EuroQol](#) due to the excess skin which is likely to improve with its removal.

**Review date: July 2023**

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<sup>1</sup> Currently a BMI of 40 kg/m<sup>2</sup> or more, or between 35 kg/m<sup>2</sup> and 40 kg/m<sup>2</sup> and either type 2 diabetes mellitus (T2DM) or uncontrolled hypertension (after all medical therapies have been tried) that may be improved if they lost weight

<sup>2</sup> The excess weight is the patient's weight in Kg at time of surgery minus their weight in kg to give a BMI of 25kg/m<sup>2</sup>