

Excluded: Procedure not routinely funded

Policy title and version	Cosmetic treatments and surgery v1.0
Policy position	Interventions Not Normally Funded
Date of Forum recommendation	February 2018
Date updated	February 2020

Cosmetic or aesthetic surgery refers to procedures to improve appearance. This guidance lists procedures that are considered be cosmetic and **not normally funded** by the NHS. This guidance applies to cosmetic surgery irrespective of the sub specialty of the surgeon concerned, including plastic surgery, ear nose and throat surgery, oral and maxillofacial surgery, dermatology, and other surgical specialties.

Conditions resulting from major trauma or burns, which need reconstructive surgery, will usually be funded by the NHS.

Please be aware of other cosmetic policies noted on the list that are also subject to the CCG approval system and process.

The following patients should not be referred or treated, except in the case of:

- Emergency, OR
- A reasonable suspicion of cancer, OR
- Exceptional circumstances (which will need Individual Funding approval).

Where there are exceptional individual circumstances which are considered to override exclusions, a decision will usually be reached by the Individual Funding Requests Team after a request with supporting evidence by the referring GP and (if relevant) the specialist clinician is submitted. This includes all procedures set out below.

Photographic evidence and copies of clinical records may be required to demonstrate the case that the patient meets the criteria where applicable.

A list of examples of cosmetic interventions that are not normally funded unless otherwise indicated. This list is illustrative and not exhaustive.

Abdominoplasty / apronectomy (tummy tuck) / removal of redundant fat or skin from the arm, buttock or thigh.

See policy: Body contouring and removal of excess skin.

Benign skin lesions

Removal of benign skin lesions is **not normally funded** for cosmetic reasons. It should only be offered in situations where the lesion is causing symptoms according to the criteria outlined in the Policy: Benign skin lesions.

Botulinum toxin

Treatment of specific conditions can be considered via the Individual Funding Request process.

Blepharoplasty (repair of drooping eyelids)

See policy: Blepharoplasty and Brow Lift

Congenital vascular abnormalities (e.g. congenital naevi and port wine stains)

Only consider for funding via Individual Funding Request route for those which are on the facial area in children under 16.

Repair of ear lobes (external ear)

Face lift

Gender dysphoria

For gender dysphoria see policy: Gender reassignment-surgery and cosmetic interventions.

Hair loss

Any patients with significant pathological alopecia or traumatic hair loss should be referred to a dermatologist at which point recommendations will be made for appropriate management including application for wigs which may have to be paid for in part by the patient. Hair extensions or weaves are not supported for the management of alopecia/traumatic hair loss.

Hirsutism and abnormally placed hair and

Laser hair depilation will **only** be considered in the following circumstances.

- The hair is on the face, and
- There is documented unsuccessful cosmetic management (Daily Shaving, Waxing and Bleaching) reported over a period of at least one year, and
- There must be substantial excess hair growth which is suitable for laser hair removal, and
- Photographic evidence is supplied, and

- The patient has either:
 - An underlying congenital abnormality leading to abnormally placed hair; or
 - An endocrine condition leading to abnormally placed hair (this excludes polycystic ovarian syndrome- see below); or
 - Excess/Abnormally placed hairs due to surgical reconstruction, or
 - Patients with Polycystic Ovarian Syndrome

- In cases of Polycystic Ovarian Syndrome patients must also
 - Have been diagnosed in accordance with the Rotterdam criteria; and
 - BMI (Body Mass Index) must be between 18 and 25

NB: Only one course of treatment will be funded

Inverted nipples

Labiaplasty or Vaginoplasty

See policy: Labiaplasty and vaginoplasty

Liposuction (the removal of fat from specific areas)

Male pattern baldness

Prominent ears

See policy: Pinnaplasty for prominent ears.

Rhinoplasty/ Septorhinoplasty

See policy: Septoplasty, rhinoplasty and Septorhinoplasty

Scar revision Except for:

- a) Scars that interfere with function following burns/ trauma (ie not cosmetic); OR
- b) Serious scarring of the face (supported by photographic evidence); OR
- c) Severe post-surgical scarring that interferes with function (supported by photographic evidence).

Skin 'resurfacing' or dermabrasion

Tattoo removal. Unless the tattoo is the source of an allergic phenomenon.

Thread veins or telangiectasias.

Varicose veins

See policy: Varicose veins.

Clinicians and patients making individual funding requests should be aware that:

- aesthetic surgery procedures will normally only be considered in patients with a BMI in the range 18.5-27 (unless weight is not a relevant factor)
- Local CCG policies relating to smoking cessation and surgical procedures will apply.

All procedures where the primary objective for surgery is to improve appearance are **not normally funded**. Exceptional circumstances would need to be demonstrated via the Individual Funding Request process. Psychological reasons are not generally considered as grounds for exceptionality and should not be triggers for cosmetic surgery.

Management of Psychological Issues:

The NICE clinical guideline CG31 on 'Obsessive-compulsive disorder and body dysmorphic disorder: treatment' states that for people known to be at higher risk of body dysmorphic disorder (BDD) or people with mild disfigurements or blemishes who are seeking a cosmetic procedure, all healthcare professionals should routinely consider and explore the possibility of BDD.

Therefore clinicians seeing a patient who requests cosmetic surgery should perform a BDD triage as per NICE CG31 and those with suspected or diagnosed BDD seeking cosmetic surgery or dermatological treatment should be assessed by a mental health professional with specific expertise in the management of BDD.

Patients' whose desire for surgery reflects serious psychopathological disorders (such as Body Dysmorphic Disorder (BDD), or irredeemable relationship problems would not normally be suitable for surgery but should receive appropriate alternative treatment and support.

NOTE:

This policy will be reviewed in the light of new evidence or new national guidance, eg, from NICE.

Clinical coding:

Congenital vascular abnormalities (e.g. congenital naevi and port wine stains)

LC50.1 Port-wine stain

Q825: Congenital non-neoplastic naevus

Q829: Congenital malformation of skin, unspecified

S09.1 Laser destruction of lesion of skin of head or neck

S09.2 Laser destruction of lesion of skin NEC

Laser hair depilation

ED72 Hirsutism and syndromes with hirsutism

Y08.- Laser therapy to organ

S60.8 Other specified operations on skin

Y08.5 Laser modification of organ NOC

Scar revision

L91.0 Hypertrophic disorders of skin (including keloid scar)

L90.5 Scar conditions and fibrosis of skin

S06.3 Shave excision of lesion of skin of head or neck

S06.4 Shave excision of lesion of skin NEC

S06.5 Excision of lesion of skin of head or neck NEC

S08.1 Curettage and cauterisation of lesion of skin of head or neck

S08.2 Curettage and cauterisation of lesion of skin NEC

S09.1 Laser destruction of lesion of skin of head or neck

S09.2 Laser destruction of lesion of skin NEC

S10.1 Cauterisation of lesion of skin of head or neck NEC

S10.2 Cryotherapy to lesion of skin of head or neck

S10.8 Other specified destruction of lesion of skin of head or neck

S10.9 Unspecified destruction of lesion of skin of head or neck

S11.1 Cauterisation of lesion of skin NEC

S11.2 Cryotherapy to lesion of skin NEC

S11.8 Other specified destruction of lesion of skin of other site

S11.9 Unspecified destruction of lesion of skin of other site

Key words: Cosmetic procedures, aesthetic procedures, congenital vascular abnormalities, congenital naevi, port wine stains, laser hair depilation, scar revision