

Description of treatment or procedure

Surgical body contouring is the removal of excess sagging fat and skin while improving the shape of the underlying support tissue, using surgery.

The result is a more 'normal' appearance with smoother contours. This is usually carried out after someone has gone through dramatic weight loss. This surgery refers to any reduction in excess skin and fat across the entire body including arms, legs, stomach, buttock and chest.

Current policy

Surgical body contouring is not routinely commissioned, but the current policy sets out some criteria which would need to be met for those applying for funding through an Individual Funding Request (IFR). These are:

- The patient's body mass index (BMI – a measurement that uses a person's height and weight to see if their weight is healthy) is less than 25 and stable for at least 12 months. (Some allowance may be made for excess skin and fat that cannot be dealt with by further weight reduction)
- If the patient has had bariatric surgery, it was at least three years previously.

AND any of the following:

- The excess skin and fat causes significant problems with activities of daily life (for example, walking)
- The excess skin and fat causes a persistent skin condition (for example cellulitis or skin ulcerations) that has not improved after at least six months of medical treatment. This should include good hygiene practices and antifungal, corticosteroid and/or antibiotic treatment.

Individual Funding Request information must contain the following information:

- Date of any bariatric surgery
- Pre-operation or original weight and BMI with dates
- Series of weight and BMI readings demonstrating weight loss and stability achieved
- Date stable weight and BMI achieved
- Current weight and BMI
- Patient compliance with continuing nutritional supervision and management (if applicable)
- Details of functional problems
- Details of associated medical problems.

Proposed change(s)

No change in access is being proposed. The overall position would remain the same – surgical body contouring will not be routinely commissioned. However, the additional information set out above would be removed to be clear that it is not based on meeting criteria.

In addition, reference to Non-core Procedure Interim Gender Dysphoria Protocol & Service Guidelines 2013/14 would be removed, as these patients will be treated via NHS England, if necessary.

The new policy would read 'not routinely commissioned'

Reason for proposed change(s)

The wording of this policy is being changed to make it easier for patients and clinicians to understand and to make sure it is not misleading.

Impact of proposed change(s)

Limited impact – there is no change to access.

All patients could still apply for this procedure, with support from their doctor, through an Individual Funding Request to their local Clinical Commissioning Group (CCG). The CCG panel would consider whether the request could be funded.