

Abdominoplasty / Apronectomy Commissioning Statement

Commissioning Statement: 03

Treatment	Abdominoplasty / Apronectomy and removal of excessive skin from other areas of the body
For the treatment of	Removal of excessive skin
Background	Abdominoplasty (also known as tummy tuck) is a surgical procedure performed to remove excess fat and skin from the mid and lower abdomen. Many people develop loose abdominal skin after pregnancy or substantial weight loss. However, surgery is not part of the usual response to these normal, physiological processes.
Commissioning position	<p>NHS Vale of York CCG does not routinely commission Abdominoplasty / Apronectomy or removal of excessive skin from other areas of the body.</p> <p>Minimum requirements for requests for body contouring following bariatric surgery would be¹:</p> <ul style="list-style-type: none"> • Starting BMI above 40 (or above 35 with co-morbidities) AND • Current BMI of less than or equal to 28.0 AND • At least 24 months since surgery AND • Weight stability of at least 12 months AND • Significant functional disturbance. (This includes severe intertrigo, disability, and evidence of significant interference with activities of daily life) <p>In addition, there should be exceptional clinical circumstances.</p> <p>The clinician needs to submit an application to the CCG's Individual Funding Request Panel (IFR).</p>
Summary of evidence / rationale	Any operation involving a general anaesthetic should be approached with caution, especially if for cosmetic reasons. Generally, the more extensive the procedure, the higher the risk. Cosmetic procedures are regarded as low priority.
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References:

1. Royal College of Surgeons Commissioning guide: Massive Weight Loss Body Contouring March 2014
<http://www.rcseng.ac.uk/healthcare-bodies/docs/massive-weight-loss-body- contouring>
2. Information for Commissioners of Plastic Surgery Services - Referrals and Guidelines in Plastic Surgery (NHS Modernisation Agency) London
http://filesdown.esecure.co.uk/NorthLancsPCT/Modernisation_Agency_Plastic_Surgery_Services.pdf_29072008-1722-24.pdf