



**Derby and Derbyshire**  
Clinical Commissioning Group

## **Cosmetic Policies and Procedures**

Information for patients registered with  
**NHS Derby & Derbyshire Clinical Commissioning  
Group/Integrated Care System (CCG/ICS)**

### **What's in this leaflet...**

- What these policies mean for you
- How referrals are managed
- Why your doctor has to observe these policies

# What is a cosmetic procedure?

The term 'cosmetic procedure' covers both 'cosmetic surgery' and 'non-surgical cosmetic treatments'.

The term 'cosmetic surgery' means surgical procedures that revise or change appearance, colour, texture or position to achieve a different desired bodily appearance.

The term 'non-surgical cosmetic treatments' means other procedures that revise or change appearance, colour, texture or position to achieve a desire of a patient for bodily features that are perceived to be more desirable.



# NHS funding of procedures

Clinical Commissioning Groups/Integrated Care Systems (CCG/ICSs) have the responsibility to make the best use of NHS funds for the health of the local population in a way that is fair, affordable and provides health benefits for the whole of the population.

NHS Derby & Derbyshire CCG/ICS has reviewed and agreed policies for those procedures considered to be primarily cosmetic and which have relatively small physical health benefits.

## **What are the implications for you?**

This may mean that your treating clinician is not able to offer you a certain treatment because it would not be funded by your local CCG/ICS. Your treating clinician must observe the policy because it is the best way to ensure that local NHS funds are spent on the things that will bring the greatest overall benefit to local people in a way that is affordable and fair.



# Which procedures are covered by Cosmetic Surgery policies?

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The policies outline procedures that the NHS will fund and the criteria a patient must meet to be eligible for treatment. The policies include criteria for:

- Abdominoplasty (Tummy Tuck)
- Breast Reduction Surgery
- Benign Skin Lesions Removal

To see a full list of treatments please visit the CCG/ICSs Clinical Policies website using the following link:

- <http://www.derbyshiremedicinesmanagement.nhs.uk/clinical-policies-home/cosmetic/cosmetic-procedures-including-breast-surgery-procedures>

# NICE Guidance

- The role of the National Institute for Health and Care Excellence (NICE) is to improve outcomes for people using the NHS and other public health and social care services by producing several different types of guidance documents.
- Some of the NICE recommendations are made with more certainty than others. Where there is clear and strong evidence of benefit, NICE will use the word 'offer'. Where the benefit is less certain NICE will use the word 'consider'.
- The CCG/ICS is allowed to take decisions which do not follow guidance (other than Technology Appraisal Guidance) if they have a good reason to do so and have considered the consequences of the decision e.g. quality of the evidence, availability of resources and competing priorities. All are valid reasons for not following published NICE guidance.
- For more information, about NICE Guidance, please click on the following link: [developing NICE guidelines: the manual.](#)

# Frequently Asked Questions (FAQ)

## **Why do some policies say that I must be a non-smoker?**

Research shows that surgical outcomes (e.g. wound healing, complications etc.) can be affected by smoking. To ensure the best results, patients should have stopped smoking prior to surgery.

Smoking status may be confirmed at a pre-operative appointment using an appropriate test. Support to stop smoking is available to patients through a range of NHS stop smoking services. Please speak to your treating clinician for further information.

## **In some policies, why is my Body Mass Index (BMI) important?**

In some policies BMI is an important factor to the clinical outcomes. Research has shown that for some procedures, patients with a high BMI have more problems during and after surgery. The best clinical outcomes are seen in patients with a BMI that is stable and has been maintained for 1 year.

## **I am fit and athletic, not overweight but my BMI does not fit the criteria?**

There is some evidence that would suggest that a BMI measurement is not as accurate if you are an athlete or are very muscular as this can push patients into a higher BMI category even if you have a healthy level of body fat. However, the current BMI criteria has been based on latest clinical evidence and agreed as the most appropriate BMI for certain procedures.

Regrettably if you do not meet the BMI criteria set out in the policy, surgery/treatment will not be offered.

## Is the Psychological impact considered?

The CCG/ICS recognises that some patients report psychological distress associated with their condition. Nevertheless, treatment is not funded on this basis alone.

## Why do I need a 3D body scan or photographs?

The policy sets out clear clinical criteria that individuals must meet to be considered for surgery.

By introducing 3D body scanning for breast surgery, we can ensure decisions about who is eligible for treatment are made in the same way for each person.

Some clinical criteria require photographs so you may also be asked to attend for medical photographs for some procedures e.g. tummy tuck, lipoma, pinnaplasty. This will enable us to ensure that the criteria is applied correctly.

All photographs and scans will be treated in the strictest confidence.

## How will I find out the outcome of my request?

If you do not meet the criteria, funding will not be approved and you will be discharged back to the care of your GP. Please note that we will write to your GP outlining the reasons why treatment has not been approved. It is our policy to copy all letters to the patient for information.

FAQ



## What can I do if the request is not funded?

## Your Rights...

In the first instance you should speak to your GP or Consultant.

The CCG/ICS recognises that there will be exceptional, individual or clinical circumstances when funding for cosmetic procedures may be appropriate. Please refer to the CCG/ICSs Individual Funding Request (IFR) Policy, further details of which can be found via the following website link:

<http://www.derbyshiremedicinesmanagement.nhs.uk/clinical-policies-home/governance-policies>

Applications for individual funding can only be made through your treating clinician who will be informed of the outcome and, if approved, they will refer you for treatment on the appropriate pathway.

If funding is not granted, the reasons will be explained to you.

- You have the right to know how we will use the information about you.
- You have the right to access your medical record (subject access right).
- You have the right to object to us making use of your information.
- You have the right to restrict the way we use your information and we are obliged to agree if it is possible to do so.
- You have the right to correct information if what we are holding is incorrect.



# What can I do if I am not happy with the final decision not to approve my request?

You may make a complaint about the handling of your request at any time.

## **To whom should I address my complaint?**

Complaints Manager  
NHS Derby & Derbyshire CCG  
1st Floor North  
Cardinal Square  
10 Nottingham Road  
Derby  
DE1 3QT

Email: [DDCCG.complaints@nhs.net](mailto:DDCCG.complaints@nhs.net)

## **For further information please visit:**

[www.derbyandderbyshireccg.nhs.uk/contact-us-useful-links/how-to-make-a-complaint/](http://www.derbyandderbyshireccg.nhs.uk/contact-us-useful-links/how-to-make-a-complaint/)

For any queries email us at [DDCCG.complaints@nhs.net](mailto:DDCCG.complaints@nhs.net)

# Where can I get further advice and support?

The Patient Advice and Liaison Service (PALS) can offer help and support.

## **Patient Advice and Liaison Service (PALS)**

If you are a relative or carer and would like to get help on the spot, PALS provides a confidential advice and support service that will help you sort out any concerns you may have about the care provided by the NHS and guide you through the different services available.

Telephone: 0800 032 32 35

Text mobile facility no: 07919 466 212

Email: [DDCCG.PALS@nhs.net](mailto:DDCCG.PALS@nhs.net)

If you need help accessing this document in any other format i.e. printed or braille, please call the Patient Advice & Liaison Service on 0800 032 32 35 or email [DDCCG.Enquiries@nhs.net](mailto:DDCCG.Enquiries@nhs.net)

- W celu uzyskania innych wersji lub tłumaczenia niniejszego dokumentu prosimy o kontakt z działem Patient Advice & Liaison Service pod numerem 0800 032 35 35 lub adresem e-mail [ddccg.enquiries@nhs.net](mailto:ddccg.enquiries@nhs.net)
- ਜੇ ਤੁਹਾਨੇ ਨੇ ਏ ਇਸ ਦਸਤ ਵ ਜ਼ ਤੇ ਕ ਪਹੇ ਏ ਏ ਚ ਬਣ ਉਣ ਵਢੇ ਚ ਮਦਦ ਦੀ ਲੇ ਡ ਹੇ , ਤਾਂ ਵਕਰਪੇ ਕਰਕ ਮਰੀਜ ਸਲੇ ਹ ਅਤ ਸੇ ਪਰਕ ਸੇ ਵੇ (Patient Advice & Liaison Service) ਨੇ ਏ 0800 032 35 35 ਤ ਸੇ ਏ ਪਰਕ ਕਰੇ ਜਾਂ [ddccg.enquiries@nhs.net](mailto:ddccg.enquiries@nhs.net) ਤ ਈਮੇ ਲ ਕਰੇ
- Ak potrzebujecie pomoc s pristupom k dokumentu, zatelefonujcie na Patient Advice & Liaison Service (Rady pacjentom a sprostredkovateľske služby) na islo 0800 032 35 35 alebo pošlite e-mail na [ddccg.enquiries@nhs.net](mailto:ddccg.enquiries@nhs.net)
- اگر آپ کو اس دستاویز تک رسائی پانے میں مدد درکار ہو، تو برائے مہربانی پیشینٹ ایڈوائس اینڈ لائزن سروس سے اس

[DDCCG.Communications@nhs.net](mailto:DDCCG.Communications@nhs.net) 0800 35 32 32 یا اس ای میل پر رابطہ کریں