

**SKIN CONTOURING PROCEDURES
INCLUDES BUTTOCK, THIGH OR ARM LIFT/REDUCTION
EVIDENCE BASED INTERVENTIONS (EBI) POLICY**

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Target audience:	<p>NHS Somerset ICB:</p> <ul style="list-style-type: none"> • NHS Providers • GP Practices • Contracts Team <p>Medical Directors:</p> <ul style="list-style-type: none"> • Somerset NHS Foundation Trust • Royal United Hospitals Bath NHS FT
Application Form	Generic EBI Application

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VERSION CONTROL

Document Status:	Current policy
Version:	2526.v2d

DOCUMENT CHANGE HISTORY

Version	Date	Comments
V1	2010	Updated Guidance for Clinician's Policy Document
V8e	October 2015	Reviewed by the SCCG CCPF no amendments. Removed from the SCCG Guidance for Clinician's Policy Document
1617 v1a	July 2017	Change of policy template from SWCSU template to SCCG
1617.v1b	June 2020	Update template, rebranding from IFR to EBI, 3-year review, no clinical amendments
2021.v2	July 2022	Amendment from SCCG to NHS Somerset ICB. New PALS email address
2223.v2a	January 2023	3-year review, no clinical changes. Wording change on 4.6
2223.v2b	July 2024	Logo change with amendment to website link and clinical exceptionality wording on 4.6
2425.v2c	October 2025	3-year review, no clinical amendments. Amendment to wording under general principles and EBI pathway

Equality Impact Assessment EIA	N/A
Quality Impact Assessment QIA	N/A
Sponsoring Director:	Bernie Marden
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1 GENERAL PRINCIPLES EBI (Evidenced Based Intervention)

- 1.1 Funding approval must be in place prior to treating patients for this prior approval treatment

Please note: Funding approval is given where there is evidence that the treatment requested is clinically effective and the patient has the potential to benefit from the proposed treatment

- 1.2 Receiving funding approval for the specified treatment requested DOES NOT confirm that the patient will receive treatment or surgery. The patient MUST CONSENT to receiving treatment/ surgery prior to treatment being undertaken

- 1.3 The policy does not apply to patients with suspected malignancy who should continue to be referred under the NHS '2 week wait pathway' rules for assessment and testing as appropriate

- 1.4 Patients with an elevated BMI of 30 or more MAY experience more post-surgical complications including post-surgical wound infection and should be encouraged to lose weight further prior to seeking surgery

<https://www.sciencedirect.com/science/article/pii/S1198743X15007193>
(Thelwall, 2015)

- 1.5 Patients who are smokers should be referred to a smoking cessation service to reduce the risk of surgery and improve healing

- 1.6 Prior approval funding is available for one year commencing the date of approval

2 POLICY CRITERIA NOT COMMISSIONED

- 2.1 Skin Contouring is not routinely commissioned/funded by the ICB

- 2.2 Buttock, Thigh or Arm Lift / Reduction procedures are not commissioned by the ICB

- 2.3 Post-traumatic surgery **AND / OR** Thinning of skin flaps. Please follow the EBI application pathway under item 4

3 BACKGROUND

- 3.1 The aim of body contouring procedures is to improve the appearance of loose or sagging skin. There are different types of procedures, depending on the area of the body which is affected. (Nuffield Health, 2016) These procedures are generally considered to be cosmetic

- 3.2 Cosmetic surgery is a type of surgery used to change a person's appearance to achieve what they perceive to be a more desirable look. This is very different to plastic surgery, which is surgery specialising in the repair and / or reconstruction of missing or damaged tissue and skin, in order to restore function to be as close to normal as possible
- 3.3 Plastic surgery can be required following surgery, illness, injury or abnormality present from birth. Cosmetic surgery is for appearance only and does not have the same aim as plastic surgery
- 3.4 Further information can be found on the Body Reshaping page of the British Association of Plastic Reconstructive and Aesthetic Surgeons website.
(British Association of Plastic Reconstructive and Aesthetic Surgeons, 2015)

4 EVIDENCE BASED INTERVENTIONS APPLICATION PROCESS

- 4.1 Patients who are not eligible for surgery under this policy may be considered for surgery on an individual basis where the 'CLINICIAN BEST PLACED' believes exceptional circumstances exist that warrant deviation from the rule of this policy

'THE CLINICIAN BEST PLACED' is deemed to be the GP or Consultant undertaking a medical assessment and/or a diagnostic test/s to determine the health condition of the patient.

- 4.2 Completion of a **Generic EBI Funding Application Form** must be sent to the EBI team by the 'clinician best placed' on behalf of the patient

Note. Applications CANNOT be considered from patients personally

- 4.3 Only electronically completed EBI applications emailed to the EBI Team will be accepted

- 4.4 It is expected that clinicians will have ensured that the patient, on behalf of whom they are forwarding the funding application, has given their consent to the application and are made aware of the due process for receiving a decision on the application within the stated timescale

- 4.5 Generic EBI Funding Applications are considered against '**clinical exceptional**ity'. To eliminate discrimination for patients, social, environmental, workplace, and non-clinical personal factors CANNOT be taken into consideration.

For further information on 'clinical exceptional

[Based Interventions - NHS Somerset ICB](#) and click on the section titled **Generic EBI Pathway**

- 4.6 Photographs can be forwarded with the funding application form to further support the clinical evidence provided where appropriate

5 ACCESS TO POLICY

- 5.1 If you would like further copies of this policy or need it in another format, such as Braille or another language, please contact the Patient Advice and Liaison Service on Telephone number: 08000 851067

- 5.2 **Or write to us:** NHS Somerset ICB, Freepost RRKL-XKSC-ACSG, Yeovil, Somerset, BA22 8HR or **Email us:** somicb.pals@nhs.net

6 REFERENCES

- The following sources have been considered when drafting this policy:
- 6.1 British Association of Plastic Reconstructive and Aesthetic Surgeons. Body contouring Retrieved 29 08 2025 from British Association of Plastic Reconstructive and Aesthetic Surgeons
[Body Contouring | BAPRAS](#)
- 6.2 Nuffield Health. (2016). Body Contouring. Retrieved 04 14, 2016, from Nuffield Health
<http://www.nuffieldhealth.com/treatments/body-contouring>