NHS
Cheshire and Merseyside

Clinical Commissioning Policy

Mastopexy (breast lift)

Category 1 Intervention - Not routinely commissioned -

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Purpose	This document is part of a suite of policies that the Integrated Care Board (ICB) uses to drive its commissioning of healthcare. Each policy in that suite is a separate public document in its own right but will be applied with reference to other policies in that suite.
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Document control:		
Date:	**Version Number:**	**Section and Description of Change**
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1. Introduction

1.1 This policy relates to the commissioning of interventions which optimise clinical effectiveness and represent value for money.

1.2 This document is part of a suite of policies which the Integrated Care Board (ICB) uses to drive its commissioning of healthcare. Each policy is a separate public document in its own right but should be considered alongside all the other policies in the suite as well as the core principles outlined in Appendix 1.

1.3 At the time of publication, the evidence presented per procedure/treatment was the most current available.

2. Purpose

2.1 This policy aims to ensure a common set of criteria for treatments and procedures across the region. This is intended to reduce variation of access to NHS services in different areas and allow fair and equitable treatment for all patients.

3. Policy statement

3.1 Mastopexy alone is considered to be a cosmetic procedure and is not routinely commissioned.

4. Exclusions

4.1 Mastopexy may be approved as a complementary technique in combination with a previously approved primary procedure such as breast reduction.

5. Rationale

5.1 The NHS Modernisation Agency recommends that mastopexy alone should not be performed for cosmetic purposes only.

5.2 The complication rate is relatively high (10%).

5.3 Neighbouring CCGs have a “not routinely commissioned” policy stance.

6. Underpinning evidence

6.1 Mastopexy is the surgical procedure to address female breasts which hang low and droop.[1] Breast ptosis (droopiness) is normal and is associated with the passage of age and after pregnancy.[2] Various indications for mastopexy have been identified including: -simple ptosis, postpartum atrophy, nonsurgical & surgical weight loss [3], asymmetry, reconstruction/balancing and revision following previous augmentation.[4] In addition to the improved cosmetic effect, the procedure may help with problems associated with excess breast skin such as rashes, blistering, irritation and improve mobility by removing the heavy hanging tissue.[1]

6.2 Mastopexy may be performed alone or in conjunction with breast augmentation although there is controversy about the combined technique.[5] Skin loss, nipple malposition, decreased nipple sensation, wound dehiscence and loss of the nipple areolar complex have been described as negative outcomes. Theoretically, mastopexy alone can compromise breast skin viability, nipple sensation or vascularity because it increases tension on the breast skin envelope. Therefore, it is perhaps intuitive that decreasing the breast skin envelope surface area while simultaneously increasing the breast volume (i.e., during augmentation) with an implant would be problematical. However, reports suggest that patients who have undergone the combined procedure are highly satisfied with the result.[6]

6.3 For mastopexy alone, a systematic review identified a complication rate of 10% (mainly scar-related). The authors concluded that complication rates and morbidity are relatively low.[7]

6.4 There are few (if any) national guidelines on mastopexy. Very early (2005) guidelines from the NHS modernisation agency for commissioners of plastic surgery services suggested that the procedure should be included as part of treatment for breast asymmetry and reduction but not for purely cosmetic purposes.[2] Insurance companies do not usually fund mastopexy because this is cosmetic and not medically necessary.[1]

6.5 In the neighbouring CCGs of Mersey, Shropshire and North Staffordshire, mastopexy is not routinely commissioned. In Greater Manchester mastopexy requires an exceptional funding request.

REFERENCES

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3. Ikander P, Sørensen JA, Thomsen JB. Mastopexy with Autologous Augmentation in Women After Massive Weight Loss: A Randomized Clinical Trial. *Aesthetic plastic surgery* 2021;**45**(1):127-34. doi: 10.1007/s00266-020-01642-0

4. Cohen-Shohet R, Bloom J, Mast B. Mastopexy: Current Trends in Private Practice and Academic Practice and the Impact on Resident Training. *Annals of plastic surgery* 2020;**84**(6S) doi: 10.1097/SAP.0000000000002273

5. Artz JD, Tessler O, Clark S, et al. Can It Be Safe and Aesthetic? An Eight-year Retrospective Review of Mastopexy with Concurrent Breast Augmentation. *Plastic and reconstructive surgery Global open* 2019;**7**(6):e2272. doi: 10.1097/GOX.0000000000002272

6. Junior WC, Modolin MLA, Rocha RI, et al. Augmentation mastopexy after bariatric surgery: evaluation of patient satisfaction and surgical results. *Revista do Colegio Brasileiro de Cirurgioes* 2016;**43**(3):160-64. doi: 10.1590/0100-69912016003005

7. di Summa PG, Oranges CM, Watfa W, et al. Systematic review of outcomes and complications in nonimplant-based mastopexy surgery. *Journal of plastic, reconstructive & aesthetic surgery : JPRAS* 2019;**72**(2):243-72. doi: 10.1016/j.bjps.2018.10.018

7. Force

7.1 This policy remains in force until it is superseded by a revised policy or by mandatory NICE guidance or other national directive relating to this intervention, or to alternative treatments for the same condition.

[1] Cosmetic surgery and procedures. Policy number **0031**. 2021. http://www.aetna.com/cpb/medical/data/1_99/0031.html

8. Coding

8.1 **Office of Population Censuses and Surveys (OPCS)**
Primary position only
B31.3 Mastopexy

8.2 **International classification of diseases (ICD-10)**
None

9. Monitoring And Review

9.1 This policy may be subject to continued monitoring using a mix of the following approaches:
- Prior approval process
- Post activity monitoring through routine data
- Post activity monitoring through case note audits

9.2 This policy will be kept under regular review, to ensure that it reflects developments in the evidence base regarding effectiveness and value.

10. Quality and Equality Analysis

10.1 Quality and Equality Impact Analyses have been undertaken for this policy at the time of its review.

Appendix 1 - Core Objectives and Principles

Objectives

The main objective for having healthcare commissioning policies is to ensure that:

- Patients receive appropriate health treatments
- Treatments with no or a very limited evidence base are not used; and
- Treatments with minimal health gain are restricted.

Principles

This policy aims to ensure a common set of criteria for treatments and procedures across the region. This is intended to reduce variation of access to NHS services in different areas and allow fair and equitable treatment for all patients.

Commissioning decisions by ICB Commissioners are made in accordance with the commissioning principles set out as follows:

- Commissioners require clear evidence of clinical effectiveness before NHS resources are invested in the treatment.
- Commissioners require clear evidence of cost effectiveness before NHS resources are invested in the treatment.
- Commissioners will consider the extent to which the individual or patient group will gain a benefit from the treatment.
- Commissioners will balance the needs of an individual patient against the benefit which could be gained by alternative investment possibilities to meet the needs of the community.
- Commissioners will consider all relevant national standards and consider all proper and authoritative guidance.
- Where a treatment is approved Commissioners will respect patient choice as to where a treatment is delivered, in accordance with the 'NHS Choice' framework.
- Commissioning decisions will give 'due regard' to promote equality and uphold human rights. Decision making will follow robust procedures to ensure that decisions are fair and are made within legislative frameworks.

Core Eligibility Criteria

There are a number of circumstances where a patient may meet a 'core eligibility criterion' which means they are eligible to be referred for the procedures and treatments listed, regardless of whether they meet the criteria; or the procedure or treatment is not routinely commissioned.

These core clinical eligibility criteria are as follows:

- Any patient who needs 'urgent' treatment will always be treated.
- All NICE Technology Appraisals Guidance (TAG), for patients that meet all the eligible criteria listed in a NICE TAG will receive treatment.
- In cancer care (including but not limited to skin, head and neck, breast and sarcoma) any lesion that has features suspicious of malignancy, must be referred to an appropriate specialist for urgent assessment under the 2-week rule.
- NOTE: Funding for all solid and haematological cancers are now the responsibility of NHS England.
- Reconstructive surgery post cancer or trauma including burns.
- Congenital deformities: Operations on congenital anomalies of the face and skull are usually routinely commissioned by the NHS. Some conditions are considered highly specialised and are commissioned in the UK through the National Specialised Commissioning Advisory Group (NSCAG). As the incidence of some cranio-facial congenital anomalies is small and the treatment complex, specialised teams, working in designated centres and subject to national audit, should carry out such procedures.
- Tissue degenerative conditions requiring reconstruction and/or restoring function e.g., leg ulcers, dehisced surgical wounds, necrotising fasciitis.
- For patients wishing to undergo Gender reassignment, this is the responsibility of NHS England and patients should be referred to a Gender Identity Clinic (GIC) as outlined in the Interim NHS England Gender Dysphoria Protocol and Guideline 2013/14.

Cosmetic Surgery

Cosmetic surgery is often carried out to change a person's appearance to achieve what a person perceives to be a more desirable look.

Cosmetic surgery/treatments are regarded as procedures of low clinical priority and therefore not routinely commissioned by the ICB Commissioner.

A summary of Cosmetic Surgery is provided by NHS Choices. Weblink:
http://www.nhs.uk/conditions/Cosmetic-surgery/Pages/Introduction.aspx and
http://www.nhs.uk/Conditions/Cosmetic-surgery/Pages/Procedures.aspx

Diagnostic Procedures

Diagnostic procedures to be performed with the sole purpose of determining whether or not a restricted procedure is feasible should not be carried out unless the eligibility criteria are met, or approval has been given by the ICB or GP (as set out in the approval process of the patients responsible ICB) or as agreed by the IFR Panel as a clinically exceptional case.

Where a General Practitioner/Optometrist/Dentist requests only an opinion the patient should not be placed on a waiting list or treated, but the opinion given and the patient returned to the care of the General Practitioner/Optometrist/Dentist, in order for them to make a decision on future treatment.

Clinical Trials

The ICB will not fund continuation of treatment commenced as part of a clinical trial. This is in line with the Medicines for Human Use (Clinical Trials) Regulations 2004 and the Declaration of Helsinki which stipulates that the responsibility for ensuring a clear exit strategy from a trial, and that those benefiting from treatment will have ongoing access to it, lies with those conducting the trial. This responsibility lies with the trial initiators indefinitely.

Clinical Exceptionality

If any patients are excluded from this policy, for whatever reason, the clinician has the option to make an application for clinical exceptionality. However, the clinician must make a robust case to the Panel to confirm their patient is distinct from all the other patients who might be excluded from the designated policy.

The ICB will consider clinical exceptions to this policy in accordance with the Individual Funding Request (IFR) Governance Framework consisting of: IFR Decision Making Policy; and IFR Management Policy.