

## General Commissioning Policy

<b>Treatment</b>	Hair removal (by intense pulsed light [IPL], laser or electrolysis)
<b>For the treatment of</b>	Hirsutism or abnormally placed hair
<b>Background</b>	This commissioning policy is needed because hair removal is not routinely commissioned, as in many cases it may be deemed as cosmetic, and all requests are thus currently considered via the Individual Funding Request (IFR) process.
<b>Commissioning position</b>	<p>NHS Hull CCG does not routinely commission treatments for permanent or semi-permanent hair removal for cosmetic purposes. Patients concerned with the appearance of their body and facial hair should be routinely advised to self-manage their condition by conservative methods eg. shaving, waxing, or depilatory creams. In addition, local guidance from the Hull and East Riding Prescribing Committee (HERPC) specialist on the pharmacological treatment of facial hirsutism in women should be sought.</p> <p>However, NHS Hull CCG may consider requests for hair removal, by IPL, laser or electrolysis, on an exceptional case by case basis, in individuals where:</p> <ul style="list-style-type: none"> <li>• it is considered medically necessary (the clinical reasoning must be given)</li> <li>• OR</li> <li>• an underlying congenital or endocrine abnormality is causing severe facial hirsutism which has not been adequately managed by conservative methods and where the requesting clinician agrees it is causing a demonstrable negative impact on the woman's health and wellbeing.</li> </ul> <p>NB. Where treatment is agreed, a maximum of 6 treatment sessions will be approved. If further sessions are required an additional request should be made to the IFR panel.</p>
<b>Effective from</b>	February 2016
<b>Summary of evidence / rationale</b>	<p>Unwanted hair growth is a common problem and some people may spend considerable amounts of time and money on short term hair removal methods, traditionally by shaving, waxing and plucking. Hirsutism is excessive hair growth in women in areas of the body where only men tend to develop coarse hair, usually on the face and neck area. It is suggested that it affects 5 - 15% of women. Possible underlying causes include PCOS (polycystic ovary syndrome), other rare hormone disorders (eg. congenital adrenal hyperplasia) and some forms of medication.</p> <p>Hair depilation involves permanent removal/reduction of hair from face, neck, legs, armpits and other areas of body usually for cosmetic reasons. Intense pulsed light (IPL) is now the standard treatment with traditional laser and electrolysis as reserve options.</p>

	<p>Reported side effects of using the Lumina IPL system and Vasculight-SR multi-functional laser and IPL system to treat hair removal in hirsute patients include burning, leukotrichia, paradoxical hypertrichosis and folliculitis. In addition pain, skin redness, swelling, burned hairs and pigment changes were infrequently reported adverse effects.</p> <p>Common side effects of laser depilation can include pigment changes, occasional blistering and rarely scarring. Other untoward effects can include: new growth of hair outside the treatment area, increase in co-existing vellus hair in the treatment area, induction or aggravation of acne, rosacea-like rash, premature greyness of hair, tunnelling of hair under the skin, prolonged diffuse redness and oedema of the face, focal hypopigmentation of the lip, angular cheilitis, allergic reaction, and inflammatory and pigment changes of pre-existing moles.</p> <p>Case series evidence suggests that after laser depilation, hair growth is reduced for a period of weeks to months, but multiple treatments may be required to achieve complete hair loss.</p>
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<b>Contact for this policy</b>	Karen Billany, Senior Commissioning Manager, NHS Hull Clinical Commissioning Group. <a href="mailto:karen.billany@nhs.net">karen.billany@nhs.net</a>

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