

Name of treatment or procedure

Reduction mammoplasty (breast reduction) for women

Description of treatment or procedure

This is a surgical procedure to reduce breast size. Patients are given general anaesthetic to send them to sleep for this procedure.

There are several techniques the surgeon could use, but generally the operation involves:

- **moving a nipple** – usually while it is still attached to the blood supply
- **removing excess fat, glandular tissue and skin** from the breasts
- **reshaping the remaining breast tissue**

Current policy

This procedure is commissioned only if **ALL** of the following criteria are met:

- Musculo-skeletal symptoms are not due to other causes
- There is at least a two year history of attending the GP with the problem
- Other approaches such as pain-killers and physiotherapy have been tried
- The patient is suffering from functional symptoms as a result of the size of her breasts (for example back pain or infection between the folds of skin)
- The wearing of a professionally fitted bra has not helped
- The patient's body mass index (BMI – a measurement that uses a person's height and weight to see if their weight is healthy) is less than 25 and stable for at least twelve months
- The patient's breast is a cup size H or larger
- There is a proposed reduction of at least three cup sizes
- The patient is over 18 years old
- The patient is not planning any future pregnancy.

OR

Reduction is considered when one breast is naturally larger than the other by at least three cup sizes as measured by a specialist.

Non-core Procedure Interim Gender Dysphoria Protocol & Service Guidelines 2013/14 are being applied.

Proposed change(s)

It is proposed that all criteria remain the same other than increasing the age limit from 18 to 21. The new policy would read as follows:

This procedure is commissioned only if **ALL** of the following criteria are met:

- Musculo-skeletal symptoms are not due to other causes

- There is at least a two year history of attending the GP with the problem
- Other approaches such as pain-killers and physiotherapy have been tried
- The patient is suffering from functional symptoms as a result of the size of her breasts (for example back pain or infection between the folds of skin)
- The wearing of a professionally fitted bra has not helped
- The patient's body mass index (BMI – a measurement that uses a person's height and weight to see if their weight is healthy) is less than 25 and stable for at least twelve months
- The patient's breast is a cup size H or larger
- There is a proposed reduction of at least three cup sizes
- The patient is over 21 years old
- The patient is not planning any future pregnancy.

Reduction is considered when one breast is naturally larger than the other by at least three cup sizes as measured by a specialist.

Reason for proposed change(s)

This would bring the policy in line with other local areas.

Impact of proposed change(s)

Those who fulfil all the other criteria, but are aged between 18 and 21 will have to wait until they are 21 to have this surgery.