

**Commissioning Statement:**

<p><b>Condition or Treatment:</b></p>	<p>IPL, Laser or Electrolysis for Hair Removal for the treatment of Hirsutism or other Hair Removal requests</p>
<p><b>Commissioning position:</b></p>	<p><b><u>Referral policy for Primary Care:</u></b></p> <p>NHS North Yorkshire CCG does not routinely commission IPL, electrolysis or laser therapy for permanent or semi-permanent hair removal purposes. Patients concerned with the appearance of their body and facial hair should be routinely advised to self-manage their condition by conservative methods e.g. shaving, waxing, or depilatory creams. In addition, NICE Clinical Knowledge Summaries and NY Prescribing formulary guidance on the pharmacological treatment of facial hirsutism in women should be followed.</p> <p><b><u>Referral policy for Secondary Care:</u></b></p> <ul style="list-style-type: none"> <li>• One course of treatment will be funded for those patients who are undergoing treatment for pilonidal sinuses to reduce recurrence</li> </ul> <p><b>Surgery for primarily cosmetic reasons is not eligible for NHS funding.</b></p>
<p><b>Referral Guidance:</b></p>	<p>Exceptional cases can be referred to the CCG's Individual Funding Request Panel for prior approval.</p> <ul style="list-style-type: none"> <li>• HRW/SR GP Practices: <a href="https://ifryh.necsu.nhs.uk/">https://ifryh.necsu.nhs.uk/</a></li> <li>• HaRD GP practices: <a href="#">Referral Form</a></li> </ul>
<p><b>Effective From:</b></p>	<p>1 July 2021</p>
<p><b>Summary of evidence/ rationale:</b></p>	<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.</p> <p>Possible underlying causes include PCOS (polycystic ovary syndrome), other rare hormone disorders (eg. congenital adrenal hyperplasia) and some forms of medication. 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. 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,</p>

	<p>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>
<b>Date:</b>	January 2021
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<b>Contact:</b>	Dr C Ives, Governing Body GP, NHS North Yorkshire CCG

## References:

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<http://informahealthcare.com/doi/abs/10.1080/09546630802132627>
- 2) Rasheed AI. Uncommonly reported side effects of hair removal by long pulsed-alexandrite laser. Journal of Cosmetic Dermatology, December 2009, vol./is. 8/4(267-74)  
<http://onlinelibrary.wiley.com/doi/10.1111/j.1473-2165.2009.00465.x/abstract>
- 3) Azziz R. The evaluation and management of hirsutism. Obstet Gynecol 2003; 101: 995–1007. <http://www.ncbi.nlm.nih.gov/pubmed/12738163>
- 4) Haedersdal M, Gotzsche PC. Laser and photoepilation for unwanted hair growth. Cochrane Database Syst Rev 2006;(4):CD004684  
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- 5) NICE Clinical Knowledge Summary <http://cks.nice.org.uk/hirsutism> (Jan 2010)
- 6) Koulouri O, Conway G. S. Management of hirsutism. BMJ 2009;338:b847  
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- 7) NHS Choices – Treatment for Pilonidal Sinus <http://www.nhs.uk/Conditions/Pilonidal-sinus/Pages/Treatment.aspx>