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| Appendix 2: Aesthetic, cosmetic and other procedures that require identified medical indications |
| Extract from *Planned surgery access policy 2024* |
| OFFICIAL |

Aesthetic or cosmetic procedures are operations, procedures and treatments that revise or change the appearance, colour, texture, structure or position of bodily features. They aim to improve the patient’s appearance or self-esteem.

Aesthetic procedures differ from reconstructive surgery, which is surgery performed on structures of the body caused by congenital defects, developmental abnormalities, trauma, infection, tumours or disease.

Reconstructive surgery is performed to body parts that are affected aesthetically or functionally.[[1]](#footnote-1)

Cosmetic surgery without medical indications is currently restricted and cannot be performed unless specific medical indications exist. Below are the clinical thresholds that determine whether surgery is necessary for the listed procedures:

## Face/head procedures

### Meloplasty/facelift

Significant deformity and surgery indicated due to disease, trauma or congenital conditions.

Significant deformity following surgery where the initial procedure was not a cosmetic procedure.

### Reduction of upper or lower eyelid (blepharoplasty)

Visual obstruction.

### Rhinoplasty/rhinoseptoplasty

Significant deformity and surgery is indicated due to disease, trauma or congenital conditions.

### Repair of external ear lobes

Significant deformity and surgery is indicated due to disease, trauma or congenital conditions but not as the result of use of a decorative expander or similar device.

### Correction of bat ear(s)

Patient is less than 19 years old.

### Hair transplant

Disfiguring hair loss and surgery is indicated due to disease, trauma or congenital conditions.

## Breast procedures

### Breast reduction (bilateral/unilateral)

Significant clinical symptoms are present (for example, intractable intertrigo and severe gynaecomastia) and body mass index is less than 30.

### Breast augmentation (bilateral/unilateral)

Post-mastectomy reconstruction.

Positive or negative augmentation for contralateral breast Poland syndrome.

Significant deformity, with surgery indicated due to disease, trauma or congenital conditions.

### Mastopexy (breast lift)

Postmorbid obesity treatment where significant clinical symptoms are present, and BMI is less than 30.

Correction of significant breast asymmetry following breast reconstruction.

Correction of asymmetry due to congenital or developmental condition.

### Revision of breast augmentation

As part of treatment for breast cancer and reconstruction following trauma, disease, congenital conditions or infection, not because of previous cosmetic surgery.

### Removal of breast prosthesis

Following rupture, erosion or infection of breast prosthesis.

### Nipple and/or areola reconstruction

When performed as part of a breast reconstruction due to disease or trauma but not as the result of previous cosmetic surgery.

### Nipple eversion (for nipple inversion)

Recurrent infection or ulcerative complications.

## Trunk/limb procedures

### Abdominoplasty, apronectomy, abdominal lipectomy

Postmorbid obesity treatment where significant clinical symptoms are present (for example, intractable intertrigo) and body mass index is less than 30.

### Varicose vein procedures

Venous conditions with the following symptoms:

* chronic leg swelling/oedema
* chronic dermatitis/eczema
* bleeding
* leg ulcers or infections
* superficial thrombophlebitis
* venous disorders in patients less than 16 years old.

Excluded as indications for surgery:

* venous conditions that are likely to lead to the conditions listed above
* cosmetic veins in patients older than 16 years old
* spider veins in patients older than 16 years old.

### Other skin excisions for body contour (for example, buttock, thigh or arm lift)

Postmorbid obesity treatment where significant symptoms are present (for example, intractable intertrigo) and body mass index is less than 30.

### Liposuction

Post-traumatic pseudolipoma.

Lipodystophy.

Gynaecomastia.

Flap reduction.

## Genitourinary procedures

### Genital surgery aimed at improving appearance

Patients requiring surgery for congenital abnormalities.

### Insertion of artificial erection devices

Spinal patients with neurological erectile dysfunction.

Surgery for trauma, disease or infection or as part of a penile reconstructions for congenital abnormalities.

### Testicular prosthesis

Disease, trauma or congenital conditions (for example, following orchidectomy for malignant disease or torsion testes).

### Lengthening of penis

Congenital abnormalities in patients less than 16 years old (for example, severe chordee).

### Reversal of sterilisation

No medical indications.

### Circumcision

For medical indications only – for example, phimosis, recurrent balanoposthitis or paraphimosis. Further information: [Guidelines for male circumcision in the Victorian public health system – information for health professionals](https://www2.health.vic.gov.au/about/publications/policiesandguidelines/Guidelines-for-male-circumcision-in-the-Victorian-public-hospital-system---information-for-health-professionals) [[2]](#footnote-2)

## Other aesthetic procedures

### Revision of scar

Scar is disfiguring and extensive and is the result of surgery, disease or trauma but not the result for previous cosmetic surgery.

### Tattoo removal procedures

Patient is less than 16 years old.

1. <http://www.plasticsurgery.org/> [↑](#footnote-ref-1)
2. <https://www.health.vic.gov.au/about/publications/policiesandguidelines/Guidelines-for-male-circumcision-in-the-Victorian-public-hospital-system---information-for-health-professionals>. [↑](#footnote-ref-2)