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| Intervention   | **009. Hair Removal by Intense pulsed light (IPL), laser or electrolysis for Hirsutism**  |
| For the treatment of   |  Hirsutism  |
| Commissioning Position   | This intervention is commissioned and can be considered for people who:  * have undergone reconstructive surgery leading to abnormally located hair bearing skin OR
* have a proven underlying endocrine disturbance resulting in facial hirsutism (e.g. polycystic ovary syndrome) OR
* require treatment for a pilonidal sinus, and associated hair removal is to reduce the risk of recurrence

AND   * hair growth cannot be controlled by conservative methods.

 Treatment should normally be limited to a maximum of 6 treatment sessions.   Treatment for permanent or semi-permanent hair removal is not otherwise commissioned for personal preference on cosmetic grounds. Patients concerned with the appearance of their body and facial hair should be advised to self-manage their condition by conservative methods e.g. Shaving, waxing, or depilatory creams.  For Gender Dysphoria patients, please see NHS England Specialised Commissioning Policy.   |
| Summary of Rationale   | Conservative self-management options and weight loss (if obese or overweight) should be tried for at least six months in the first instance for most people.  Case series evidence suggests that after laser, IPL or electrolysis depilation, hair growth is reduced for a period of weeks to months, but multiple treatments may be required to achieve complete hair loss.   |
| References  | [Hirsutism | Health topics A to Z | CKS | NICE](https://cks.nice.org.uk/topics/hirsutism/)  |
| Effective from  | October 2024  |
| Policy Review Date   | October 2027  |