



FACIAL HAIR REDUCTION: ASSESSMENT EXPECTATIONS

Currently, SFHP reviews facial hair removal requests for medical necessity. We expect providers to submit authorizations with an assessment by a licensed behavioral health provider. We review these separately from gender affirmation surgery and require a separate assessment. Some members may not be at a place in their lives where they are stable enough for surgery but experience persistent gender dysphoria directly related to the presence of facial hair. This can be an important intervention and a step forward in addressing their gender dysphoria.

Specifics that should be addressed in the assessment:

1. How long has the member lived as their identified gender, (the expectation is a year)
2. ~~How long on hormones? (The expectation is a year)~~
3. How is the member functioning in the absence of service, (Impairment of function/ADLs)
4. How does impairment manifest? **Concrete examples**
5. Anticipated benefit (how would the service change the members level of functioning in society, how would it improve the quality of life)
6. Current method of hair removal
7. Does the member have ability to give informed consent and an understanding of the requested service?
8. Does the member have the ability and coping skills to sit still for up to two hours while tolerating discomfort, and with someone working in close proximity to their face?
9. Is member participatory in their care and regularly make appointments?

There are two options for hair reduction Electrolysis and laser

- Both options can be uncomfortable, but everyone's experience of pain is different
- Members will not see immediate results: hair reduction is a long process

For more specifics about electrolysis or laser hair reduction members should speak with a professional electrologist or laser technician.