

# Application of Skin Camouflage

This leaflet provides information about using your skin camouflage products. It tells you what products are recommended for you and how to apply them. If you have any further questions, please speak to a doctor or nurse caring for you.

## What products should I use?

Following the consultation today, the following products have been selected for you. **(To be completed at consultation):**

Company	Product	Colour	Code	Quantity

## What is my regime?

**(To be completed at consultation):**

Initial action:	Wash and dry area; apply SFP 10 minutes before application if in an area which is exposed.
First cream	
Setting	
Second cream	
Setting	

## Where can I get these?

The nurse who is recommending these products will send a letter to your GP requesting a prescription to be completed with the products on it. A copy of this letter will also be sent to you. Once you receive this you should contact your GP to arrange collection of the prescription that you then take to a chemist. Not all products may be obtainable by prescription on the NHS. The pharmacist at the chemist will confirm if they can get the products on prescription or if you will have to buy them independently.

## How do I apply my skin camouflage?

1. Always apply the skin camouflage to clean, dry skin.
2. Always apply a sunscreen of at least 15 SPF (Sun Protection Factor) to areas that are exposed to the sun before applying the skin camouflage. Leave it to absorb for 10 minutes.
3. The cream can be applied with your fingers, a sponge or a brush. You can buy makeup brushes and sponges from most chemists and department stores. Thoroughly clean any sponges or brushes after use.
4. You only need a small amount that you then work into all the areas.
5. Apply and blend in a layer of cream.
6. Apply some setting powder and leave for five minutes.
7. After five minutes remove the excess with a brush or tissue.
8. If you need a second layer of skin camouflage wait 10 minutes before you apply it.
9. When you are happy with the skin camouflage you need to seal it by gently applying a damp cloth to the area and patting the area.

## What are the possible risks of using skin camouflage?

Creams are usually hypoallergenic (less likely to cause an allergic reaction) but there is a possibility that you could have a reaction to the products you use. If you experience itching, soreness or redness in the area where you have applied the skin camouflage you should remove it immediately using soap and water. If you have any problems using the products recommended, please contact your nurse on the telephone numbers at the bottom of the page.

You may also have an allergic reaction if the product or applicator you have used is dirty. Always clean brushes / sponges and dry them after use. Avoid using creams that have been exposed to the sun, moisture or dust. If this happens you will need to get a new prescription from your GP.

## What do I need to be aware of when using skin camouflage?

- Skin camouflage can remain in place for 24 hours. After 24 hours it should be removed using soap and water or an oil-based cleanser or moisturiser.
- All products should be stored in a clean environment and away from sunlight.
- The skin camouflage will lift if it comes into contact with oil or alcohol-based products.
- You should avoid rubbing the area, as this will lift the skin camouflage. If the area gets wet, pat it dry.
- The products can stain clothing so please be careful when you apply them.

## Useful sources of information

Changing Faces UK [www.changingfaces.org.uk](http://www.changingfaces.org.uk)

For Dermacolor products not available on prescription [www.kryolan.com](http://www.kryolan.com)

For Keromask products not available on prescription [www.keromask.com](http://www.keromask.com)

For Veil products not available on prescription <https://veilcovercream.uk>

## Contact us

If you have any questions or concerns about your skin camouflage consultation or products, please contact:

For paediatric patients - the paediatric plastic surgery clinical nurse specialist on 020 8725 2656 (voicemail available) Monday to Friday, 9am to 3pm

The lead clinical nurse for plastic surgery 020 8725 1071 (voicemail available) Monday to Tuesday, 9am to 5pm, Wednesday, 9am to 12pm

Skin cancer clinical nurse specialist 020 8725 4710 (voicemail available) Monday to Friday, 9am to 4pm

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS UK

The NHS provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

## NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

## AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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