

# Referral for Skin Camouflage

**This leaflet is for people who have been referred for a skin camouflage consultation and will explain what it involves. If you have any further questions, please speak to a doctor or nurse caring for you.**

## What is a skin camouflage?

Skin camouflage is an easy to apply, long lasting, waterproof, highly pigmented cream that can be applied over scars and non-infectious skin conditions to help them blend into the normal skin colour.

## Who is skin camouflage suitable for?

Skin camouflage is suitable for people of all ages including children providing they are not allergic to the ingredients in the skin camouflage products.

## What will happen during my consultation?

You will be seen by a nurse who has been trained in matching creams to skin colours and the use of camouflage. S/he will colour match the camouflage cream to your normal skin colour. Once a colour match has been achieved, they will then demonstrate the application of the cream and teach you how to apply it yourself.

## How long will my consultation last?

The successful matching of the cream to skin varies from patient to patient according to the complexity of the area to be covered. Appointments allow 45 minutes to achieve this. If a colour match is not achieved within this time, you may be asked to make another appointment to avoid making the skin sore with repeated application and removal of creams.

## How will I obtain my skin camouflage products?

Once a colour match is achieved the nurse will provide you with details of the products chosen. S/he will write to your GP with details of the products selected. Depending on local policy, some camouflage products are available on NHS prescription.

Those products that cannot be obtained via prescription have to be purchased from retailers or via mail order / on-line shopping.

## Will I need further appointments?

Once a colour match has been achieved you will not need to be routinely seen again. If anything changes with your scar or skin condition then a further appointment can be arranged.

## Useful sources of information

British Association of Dermatology	<a href="http://www.bad.org.uk">www.bad.org.uk</a>
Changing Faces	<a href="http://www.changingfaces.org.uk">www.changingfaces.org.uk</a>
Keromask	<a href="https://keromask.com/">https://keromask.com/</a>
Veil Skincare	<a href="http://www.veilcovercream.com">www.veilcovercream.com</a>

## Contact us

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

Lead Clinical Nurse in Plastic Surgery 020 8672 1255, ask for bleep 6332 (Monday and Tuesday 9am to 5pm) or 020 8725 1071 (voicemail available).

Paediatric Plastic Surgery Clinical Nurse Specialist on 020 8672 1255, ask for bleep 6078 (Monday to Friday 9am to 3pm) or 020 8725 2656 (voicemail available).

**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)**

## Was this information helpful? Yes / No

Please let us know, contact [patient.information@stgeorges.nhs.uk](mailto:patient.information@stgeorges.nhs.uk) and include the leaflet title.  
Thank you.

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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.

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

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

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

**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.



**Reference:** PLA\_RSC\_04   **Published:** August 2025   **Review date:** August 2027