

Step-by-step guide to a good camouflage



Information for patients

Pharmacy



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



We hope that you find this leaflet useful. It contains ideas and tips, along with the basic application technique.

If you are new to using camouflage, remember that it is important to practise, because the more you use it the better and quicker you become in applying it.

Step-by-step guide to a good camouflage

- 1.** Always keep your brushes and sponges clean and in good condition. Use a mild washing up liquid solution and rinse well. Replace your sponges often.
- 2.** Try to keep your cover creams (not fixing spray if used) in a warm place in the house. This makes blending and application easier.
- 3.** Always apply your camouflage to clean, dry skin. Do not apply moisturiser or body lotion to your skin first. Regular skin care and make-up may be applied to the areas not requiring camouflage in the normal way.
- 4.** The camouflage cream should be softened on the palm or the back of the hand before application. This will make it easier to apply. If mixing shades, this should be done in the same way.
- 5.** The camouflage creams should be applied with fingertips or a damp sponge, patting or rolling it onto the skin. You may also use a cotton bud or a brush, as shown to you in clinic. With practice you will develop your own particular method which will be right for you.

Enjoy using your camouflage. Look upon it as part of your daily routine, such as brushing your teeth, etc. You may start out wanting it only for holidays and special occasions but could well find yourself using it a lot more often as your confidence grows and you begin to see the difference it can make to your life. The secret is practice.

6. Apply the fixing powder with a dry cotton pad and brush away any excess before leaving it for a minute to set the cream. Use a damp cotton wool pad to dab the area to absorb excess powder, taking care not to disturb the camouflage. This will result in a more natural, unpowdered appearance.

7. Your camouflage is now set and is waterproof. Depending on where it is, it can be left for at least eight hours and should remain intact. Swimming should not disturb it, nor should a shower if you avoid using soap on the area. Take care to pat, rather than rub, the skin dry.

8. The camouflage should be thoroughly removed using a cleansing cream. If it is worn on the face, it should be removed each night.

9. Camouflage creams are hypoallergenic and safe to use on sensitive skin. However, if you notice any allergic reaction, redness or itching to the area following application of any camouflage products, please remove the product and contact your GP if medical advice is needed. Please also let us know. We may be able to recommend an alternative camouflage product. The camouflage products are excellent skin protectors and shield out harmful sunlight, as they do contain a sunscreen. However, if a high factor, such as a factor 50, is required this should be applied before application of the camouflage products.

10. Keep your skin in good condition by using a mild exfoliator occasionally to remove the dead skin cells which lie on the surface. These help to keep the skin smooth and flake-free, giving a more natural camouflage. However, care must be taken when using such products on scarred tissue. You may wish to apply moisturiser when not wearing your camouflage to prevent any dryness.

11. Ladies - depending on the area involved, blusher or bronzing powder can be used over your set camouflage to give a more natural tone.

12. If you find that the colour of your camouflage creams no longer suits your own particular skintone, for example if your skin has changed colour due to a suntan or a previous suntan has faded, then do call for advice or a more suitable colour.

Children should be encouraged to do their own camouflage as early as possible. This gives them independence and practising young makes them more skillful in coping with camouflage in later life.

If you feel you could contribute to this fact-sheet by telling us something you have found useful, please let us know, so we can share it with others.

If you do have problems with your camouflage, we are always happy to see you in clinic or simply discuss them over the telephone.

Never apply any camouflage products to open skin lesions or unhealed scar tissue.

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