

How to contact us

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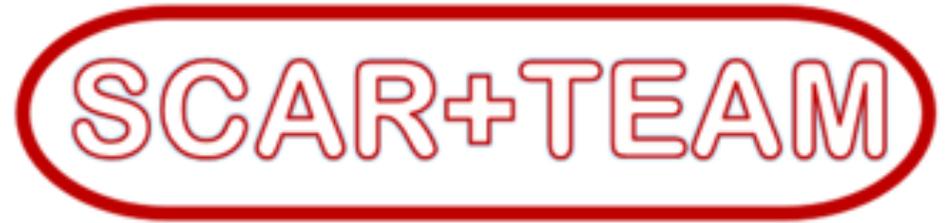
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For further information on scar management visit the

The Scar Team website: www.scarteam.co.uk



The camouflage service



Welcome to The Scar Team camouflage service

The camouflage service is undertaken by Caroline Lewis, a qualified nurse who trained as a beauty therapist specialising in skin camouflage techniques. She has 20 years of experience in this field and has treated thousands of plastic surgery and burns patients at North Bristol NHS Trust. Caroline is an associate member of the British Association of Skin Camouflage (BASC).

What is cosmetic camouflage?

Cosmetic camouflage creams and powders are used to conceal or reduce the noticeability of blemishes, birthmarks or scars. The creams and powders are available in a wide range of shades. These are matched to your skin tone. The products have been clinically tested for skin sensitivity. They are lightweight but have a far greater ability to cover and stay in place for much longer than conventional make up.

Who uses camouflage creams?

Men, women and children use skin camouflage. Some people use camouflage every day. Some people use it just for special occasions. It is a personal choice, just like choosing what you wear. Using camouflage does require time and patience.

What can you camouflage?

You can camouflage most types of skin discolouration. Examples include scars, portwine stains and vitiligo (loss of pigment within the skin). The creams can be used on face, body or limbs.

Is there anything that you can't camouflage?

It is not advisable to use camouflage creams over broken or inflamed skin. Scars should be fully healed before using camouflage make up. If the area is in a place that rubs, the creams may wear off. The creams cannot correct an uneven skin texture, for example, depressed (atrophic) scars or raised scars such as keloids or hypertrophic forms.

How long does the cover last?

On the face the cream will last for 12-18 hours. It must be removed each time with cleansing cream. On the body or limbs cream, can be safely left in place for 2-3 days. The cream is fully waterproof, so you can swim with it in place.

Do the camouflage creams contain a sun protection factor (SF)?

All the camouflage creams used/prescribed have sun protection. This is usually at level SF 15. However, we do advise you to apply a barrier with SF 30-50 before applying your camouflage cream to protect your skin from sun damage.

What will happen at my first appointment?

The camouflage creams are tested directly on your skin to help you choose a suitable skin colour match. Sometimes more than one colour is needed. A special powder is applied over the creams to make them waterproof. You will be shown step-by- step how to prepare and apply the products. The aim

is to give you the skills and confidence to apply the creams yourself. Your first appointment will take 45-60 minutes.

What happens if I forget how to apply the creams?

Before you leave you will be given an advice sheet to take home. If you need further advice, your condition changes or you are unhappy with the colour of the chosen cream, an additional session can be arranged at no further cost. This second appointment will be for 30 minutes.

How can I obtain the products?

Products can be obtained on prescription from your GP. We will give you a letter to take to your doctor stating which products have been recommended. Your doctor will give you a prescription to take to your pharmacist who will order the creams for you. It can take up to two weeks for the creams to arrive.

How can I make an appointment?

You may be referred by a consultant or self refer by phoning the Nuffield Hospital who will offer you an appointment.

Cost

The cost is £100.00 which includes a follow up appointment for further support if required. .

Other support

Sometimes people find having a visible difference distressing, and other people reactions can be difficult to deal with. Becky Watkins, our psychologist on the Scar Team, can provide counselling (becky@scarteam.co.uk). We can put you in touch with organisations that can provide support.



Sources of Further Information and Support

The British Association of Skin Camouflage

www.skin-camouflage.net

The Skin Camouflage Network

www.skincamouflagenetwork/org-uk

Email: caroline@scarteam.co.uk

Web: www.scarteam.co.uk