



# Camouflage therapy in aesthetic surgery

Gaye Taylan Filinte, MD<sup>a</sup>, Tayfun Aköz, MD<sup>b,\*</sup>

<sup>a</sup>*Istanbul Dr. Lutfi Kırdar Kartal Training and Research Hospital, Plastic, Reconstructive and Aesthetic Surgery Department*

<sup>b</sup>*Istanbul Maltepe University, Medical School, Plastic, Reconstructive and Aesthetic Surgery Department*

**Abstract** The use of makeup has been traced back to antiquity. Today, there are multiple reasons that makeup constitutes an important part of, and is a driving force in, almost every woman's life. The idea of using cosmetics for camouflage therapy, especially in the postoperative period, originates from the illusionary effect, which is thought to diminish the post-traumatic stress frequently seen after facial operations. The patients will feel better following cosmetic application, as they will see themselves better.

© 2014 Elsevier Inc. All rights reserved.

The consultant should keep in mind that the aim of camouflage therapy is not always to create a normal skin color but also to hide some of the immediate disfigurements of the surgery and decrease the postoperative stress of the patient. The scar camouflage and postoperative temporary camouflage are quite different from each other and must be considered separately. Camouflage therapy is defined as a submedical approach by dermatologists and cosmetic surgeons.

Camouflage therapy with cosmetics after aesthetic surgery operations is an easy procedure to perform without a need for sophisticated equipment or experience. It is recommended so that patients will have a better postoperative experience psychologically.

The use of makeup has been traced back to humankind's earliest days. It was used as a decorative product with the intent to frighten enemies, possibly attract a mate, assist in retelling the story of the hunt and fortunes of war, and assist the deceased in travel to a friendly place of rest.<sup>1</sup> Today, there are multiple reasons that makeup continues to be an important part of, and a driving force in, almost every woman's life. The three driving forces in the world of makeup today are:

1. The star syndrome,
2. The fad fashion statement of youth,
3. The search for the fountain of youth.

It is obvious from these three driving forces that makeup is an important part of our society's sense of beauty, fashion, and social well-being.<sup>1</sup>

The most attractive point of camouflage therapy with cosmetics is this sense of well-being it provides. Cosmetics have been used for ages to be more attractive and even beautiful. Today, surgical therapies also constitute a major part in cosmetology; however, surgery has some drawbacks, such as complications and postoperative changes, which may be part of the healing process. It may not always be possible to hide edema and bruises, which are frequently the consequences of the surgery of the face and neck. Cosmetics, frequently used for aesthetic reasons, are nowadays used for camouflage of some deformities of medical conditions.<sup>2</sup>

Makeup is an illusionary product only; it has no lasting effect and, as a general rule, it does not affect the general health of the skin.<sup>1</sup> The idea of using cosmetics for camouflage therapy, especially in the postoperative period originates, from this illusionary effect, which is thought to diminish the post-traumatic stress frequently seen after facial operations. When makeup is applied before the patient sees himself, it produces a self-image not so annoying as it would be without it. This was scientifically proven by a study, in which cosmetics were used to camouflage edema and bruises seen in rhinoplasty patients.

\* Corresponding author. Tel.: +90 216 411 2223; fax: +90 216 478 5752.  
E-mail address: tayfunakoz@yahoo.com (T. Aköz).

The State-Trait Anxiety Inventory (STAI) confirmed that the patients in the makeup group had lower scores, indicating less anxiety.<sup>2</sup>

The STAI is the definitive instrument for measuring anxiety in adults. The STAI differentiates between the temporary condition of “state anxiety” and the more general and long-standing quality of “trait anxiety.” Scores on the STAI-anxiety scale increase in response to physical danger and psychological stress and decrease as a result of relaxation training. The scores range between 20 and 80. As the high scores represent a high anxiety level, the low scores represent a low anxiety level.

### STAI: A brief explanation of the test

- Determines anxiety in a specific situation and as a general trait;
- Two 20-item scales;
- For individual or group administration;
- Provides norms for clinical patients, high school and college students, and working adults;
- Efficiently scored;
- Can be completed in about 10 minutes; and
- Sixth grade reading level.<sup>3</sup>

The ease of application of this test can provide a useful adjunct in studies concerning the psychologic effect of camouflage therapy postoperatively.

### Commonly used makeup preparations for camouflage therapy

**Foundation:** A cosmetic used to color and smooth out the face. Though frequently preferred by women having scarred and irregular surfaced faces, it is also used to have a nice appearance by normal women, as well. It can be in liquid, powder, or cream form. It includes titanium dioxide and iron oxides and very low amount of ultramarine blue as colorants. Titanium dioxide is a powerful agent to hide the irregularities of the face.

**Concealer:** It is used to cover imperfections of the skin. It increases the effect of foundation. It is preferred to hide periorbital bruises, acne redness, and epithelialized wounds.

**Powder:** Powders include talc and titanium dioxide in increasing amounts. Manganese carbonate buffers the oil, while kaolin increases the control of the oil. Manganese stearate increases its adhesiveness to the skin.

**Blusher:** As pink cheeks are frequently associated with well-being, it is an important product. To achieve a natural appearance, it should be applied obliquely to cheeks from the level of the pupil to the lateral canthus of the eye. This further defines the cheekbones. It can be in cream and powder forms.

**Eye shadow:** It can be dull, glossy, or metallic and has forms of cream, emulsion, and powder. It includes iron oxide, titanium oxide, aluminum and silver salts, ultramarine blue, manganese violet, and mica.

**Mascara:** It is used to darken, lengthen, and thicken the eyelashes. There are water-resistant and waterproof forms.

**Lipstick:** It includes oil, wax, petrolatum, and pigment. Lip pencils, containing high amount of wax and pigment, are developed for lining the lips.

**Translucent powder:** It is used to stabilize the concealer cream. Its predominant shades include pink to red, cream to neutral, and green to yellow.<sup>1,2,4</sup>

The allergic reactions due to cosmetics are usually attributed to the preservatives (quaternium-15, formaldehyde, imidazolidinyl urea, parabens), p-phenylenediamine, and glyceryl monothiogliconate. Cutaneous reactions due to cosmetics may be classified as sensitization (allergic contact dermatitis), irritation, photoallergy, and phototoxicity.<sup>5,6</sup> The study, referred to previously, has used camouflage therapy for patients who were using makeup in their regular life. The cosmetics used in the study were the patients' own cosmetics. Only the concealer was used as a different material and was supplied by the clinic. No reactions due to concealer were observed. There were no incisions or fresh wounds where the cosmetics were applied. As a result, no complications were seen.

Patients will feel themselves better after cosmetic application automatically, as they will see themselves better. The analysis of the face, the colors chosen, and the intensity of the makeup are important factors before makeup application.<sup>7</sup>

Due to the unique needs of post-aesthetic surgery, there are some specific characteristics that camouflage makeup products must provide:

1. *Colors* should be in accordance with the skin details and natural skin color;
2. *Opacity* should cover all skin color changes equally;
3. It should be *waterproof*, plus being resistant to rain, swimming, active sports and wash away;
4. Its *durability* must provide a smooth surface even after laser surgery, chemical peeling, and dermabrasion;
5. It should be *long lasting*; and
6. It should be *easy to apply*.<sup>1</sup>

### Starting cosmetic camouflage

The consultation before cosmetic camouflage should include:

1. The patient's medical history and the duration and location of the problem;
2. Topical or systemic medication that might alter the color of the patient's skin and interfere with color match;
3. Any possible allergies or sensitivities;
4. Any skin care products that the patient has been instructed to use;
5. The psychologic impact the condition has on the patient;
6. The patient's expectations from the cosmetic camouflage;
7. The patient's social activities, hobbies, and sports; and

Download English Version:

<https://daneshyari.com/en/article/3194357>

Download Persian Version:

<https://daneshyari.com/article/3194357>

[Daneshyari.com](https://daneshyari.com)