

# Moulage Recipes

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## Blood

### Ingredients

Water or Ivory Dishwashing Liquid

Red food coloring

Liquid starch / food thickener

Iron tablets (odor)

Alternative: Pocket Nurse Simulated Blood

### Instructions

Mix water & red food coloring for desired amount & color

Thicker: add small amount of liquid starch / food thickener

Dark: add blue food coloring (sparingly) for desired color

Odor: add iron tablets

Suggested storage...

Gallon bottles & peri-bottles

Water version can be used with manikins unless thickened

## Blood Clots

### Ingredients

Blood mixture (see recipe for blood)

Corn starch / food thickener

Iron tablets (odor)

### Instructions

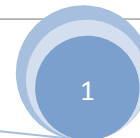
Add blood mixture to container

Add corn starch / food thickener to blood

Stir until additive is dissolved

**Note:** mixture will continue to thicken as it sets up

Add more blood to thin mixture, as needed



# Moulage Recipes

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## Burns

### Ingredients

Colored makeup

Powdered charcoal

Suggested: Ben Nye color wheels & powders

Elmer's glue

Glycerin

### Instructions

Apply red/pink makeup to affected area

Apply glue to entire 'burned' area

Let glue dry completely (will take several minutes)

Once dry, rub over glue with your hand

to roughen surface, causing loose areas

Apply additional makeup if desired (not necessary)

Sprinkle 'small' amount of charcoal powder over glue

Rub charcoal powder into wound

Apply glycerin to simulate oozing wound, if desired

## Lacerations

### Ingredients

Modeling Clay / Casualty Simulation Wax

Liquid latex

Colored makeup

### Instructions

Apply modeling clay / simulation wax to injury location (~2" wide)

Feather outside edges for smooth transition into skin

Cut and open up (peel back) the laceration to desired size

(Edge of tongue depressor will 'cut' the clay)

\*\*\*Caution if wound is applied directly to person\*\*\*

Cover clay with liquid latex

Feather outside edges for smooth transition into skin

Allow latex to dry

Apply colored makeup on & around wound

Apply 'thick blood' to deep crevasses of wound

Apply fluid blood shortly before beginning simulation

# Moulage Recipes

## Bruises

### Ingredients

Colored makeup

Recommended: Ben Nye makeup wheels

### Instructions

Apply red/pink coloring to skin – size of desired bruise

Feather edges to eliminate harsh edges

Apply blue/purple coloring in blotch fashion on top of red

Feather edges to eliminate harsh edges

Yellow / green can be added for aged bruising

Lightly brush on baby powder to 'set' colors

Aging bruises...

Early: begins as pinkish red

Few hours to 2 days: turns to bluish-purple - blackish

5 to 10 days: turns to greenish or yellowish

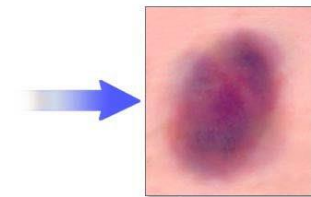
10 to 14 days: turns to yellowish-brown to light brown

Appearance in early stages



ADAM.

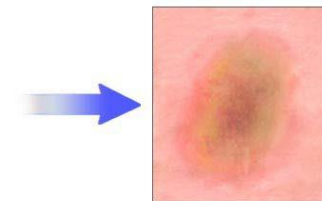
Hours to a couple of days



Changes to a bluish color

ADAM.

Days to weeks



Then a greenish-yellow color, until it eventually fades away

ADAM.

# Moulage Recipes

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## Urine

### Ingredients

Water

Yellow food coloring

Milk / liquid starch

Ammonia (odor)

Alternative: Pocket Nurse Simulated Urine

### Instructions

Mix water & yellow food coloring for desired amount & color

Cloudy: add small amount of milk / starch

Blood: add red food coloring (sparingly) for desired color

Odor: add ammonia

Sediment: corn starch / chalk dust

Add to Foley bag, urinal or bedpan (not manikin if milk added)

Suggested storage...

Gallon bottles & peri-bottles

## Pitting Edema

### Ingredients

Cotton batting / memory foam

Nylon hose / tights / compression stockings

### Instructions

Wrap cotton batting / memory foam around extremity

Apply hose / tights / stockings over padding

Padding can also be covered with

Self adhering - adhesive wrap / Kling

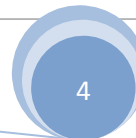
## Subcutaneous Emphysema

### Ingredients

Bubble wrap (small cells)

### Instructions

Add bubble wrap under manikin's skin  
or clothing



# Moulage Recipes

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## Blisters

### Ingredients

Liquid latex

### Instructions

Apply latex to area where blister is desired

Let latex dry thoroughly

Apply another layer, prn, to achieve desired blister size

Let latex dry thoroughly

Color around blister with colored makeup

## Diaphoresis

### Ingredients

Water &/ Glycerin

### Instructions

Water &/or glycerin for desired effect

Store in spray bottle

Spray manikin at desired time

Use glycerin for a lingering effect

## Gel Effects Wounds

### Ingredients

Gel Effects

*(Produce durable self-made wounds, cuts, burns and scars)*

Colors: blood, flesh (clear) & scar (opaque)

### Instructions

Place squeeze bottle in hot water (caution...HOT)

Warm gel until it turns to a liquid

Squeeze out liquid to create wound and allow to 'set (cool)

As it cools, use toothpick or similar tool to model & create effects

Pull material up and away from wound (repeatedly)  
to simulate avulsed skin

Create additional layers by adding more gel to cooled layers

If not satisfied, cut gel into strips and re-insert into bottle for re-use

Apply color makeup & blood for additional realism

Add props (bones, glass, etc) for added realism

Use butterfly needles to create bleeding wounds

# Moulage Recipes

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## Smooth-On Products

### Dragon Skin FX-Pro

Silicone Rubber for pouring in molds

### Silc Pig

Silicone rubber color system

### Instructions

Pour equal amounts of  
Part A and Part B into separate containers  
Add Silc Pig color to Part B and stir well  
When ready to pour into mold...  
Mix Part A & B together and mix well  
Pour mixture into mold  
Remove from mold when solidified  
Apply to skin with Skin Tite or appliance glue

## Smooth-On Products

### Skin Tite

Silicone Adhesive and Appliance Builder

(Build wounds on skin)

### Silc Pig

Silicone rubber color system

### Instructions

Pour equal amounts of  
Part A and Part B into separate containers  
Add Silc Pig color to Part B and stir well  
When ready to build wound...  
Mix Part A & B together and mix well  
Add ~6 drops of Thy-Vex and mix well  
Apply mixture to skin – size appropriate to injury  
Form wound with a pick  
Feather outside edges for smooth transition into skin  
Allow to dry before applying additional makeup/blood

## Moulage Recipes

### Suggested Products

Morning Breeze Perfume

[http://www.soimmature.com/sub\\_pages/all\\_thumb\\_subs/page\\_morning\\_breeze.html](http://www.soimmature.com/sub_pages/all_thumb_subs/page_morning_breeze.html)

Pro Pet No-Chew Training Spray

<https://www.walmart.com/search/?query=Pro%20Pet%20No-chew%20training%20spray>

Casualty Simulation Wax [https://www.cpr-](https://www.cpr-savers.com/search.asp?keyword=casualty+simulation+wax&search=Search)

[savers.com/search.asp?keyword=casualty+simulation+wax&search=Search](https://www.cpr-savers.com/search.asp?keyword=casualty+simulation+wax&search=Search)

Ben Nye Liquid Latex <http://www.norcostco.com/liquidlatex.aspx>

Ben Nye Dark Blood <http://www.norcostco.com/darkblood.aspx>

Ben Nye Molding Scar & Nose Wax

<http://www.norcostco.com/moldingscarandnosewax.aspx>

Ben Nye Effects Gel Wound Kit

<http://www.norcostco.com/effectsgelwoundkit.aspx>

Ben Nye Wheels & Character Effects

<http://www.norcostco.com/wheelsandcharactereffects.aspx>

Ben Nye Character Powders

<http://www.norcostco.com/characterpowders.aspx>

### Suggested Products (cont.)

Demo Dose Simulated Drugs

<http://www.pocketnurse.com/catalogsearch/result/?1=demo+dose+simulated+drugs>

PN Simulated Blood powder (1 gal) <http://www.pocketnurse.com/11-81-5600-1gal-pocket-nurse-simulated-blood-gallon>

Demo Dose Simulated Blood Products

<http://www.pocketnurse.com/catalogsearch/result/?q=demo+dose+simulated+blood>

Simulated Urine <http://www.pocketnurse.com/02-87-0200-1gal-pocket-nurse-simulated-urine-gallon>

Simulated Fecal Spray or Vomit Spray

[http://www.pocketnurse.com/05-74-2020-](http://www.pocketnurse.com/05-74-2020-pocket-nurse-simulated-fecal-spray-30-ml)  
[pocket-nurse-simulated-fecal-spray-30-ml](http://www.pocketnurse.com/05-74-3030-pocket-nurse-simulated-vomit-spray)

[http://www.pocketnurse.com/05-74-3030-](http://www.pocketnurse.com/05-74-3030-pocket-nurse-simulated-vomit-spray)  
[pocket-nurse-simulated-vomit-spray](http://www.pocketnurse.com/05-74-3030-pocket-nurse-simulated-vomit-spray)

Mepitac – ‘recommended’ tape for manikin use

<http://www.pocketnurse.com/catalogsearch/result/?q=Mepitac>

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## Suggested Cleaners

Manikins: Citrus II Hospital Germicidal Deodorizing Cleaner

<https://www.mooremedical.com/Index.cfm?Ntk=all&No=0&Search=Search&Ns=TotalRevenue%7C1&Ntx=mode+matchpartialmax&Ntt=Citrus+II>

Adhesives: Goo Gone

<https://www.walmart.com/search/?query=goo%20gone>

Adhesive Tape Remover Pads

<http://www.pocketnurse.com/05-02-1505-adhesive-removal-pad>

Reds: Ben Nye Remove It All

<http://www.norcostco.com/bondoffremover-1.aspx>

Ink: Clean & Clear Continuous Control ACNE CLEANSER (Benzoyl Peroxide 10%) <https://www.walmart.com/ip/Clean-Clear-R-Continuous-Control-R-Acne-Cleanser-Cleansers-5-Oz/10801455>

Pen marks or stubborn stains...apply thin layer & leave exposed to light overnight

Surfaces: PDI Super Sani-Cloth Germicidal Disposable Wipes

<http://www.pocketnurse.com/03-32-2250-pdir-super-sani-cloths-ships-ormd>

## Web Sites

<http://www.bennye.com/> Professional makeup, wigs, latex, etc

<http://www.norcostco.com/wheelsandcharactereffects.aspx>

Another source for Ben Nye products

<https://www.smooth-on.com/> or <http://www.reynoldsam.com/dallas/>

Smooth-on mold-making & moulage products & videos

<http://moulage.net/> Training and photo gallery

<http://www.wallcur.com/products.aspx> Products, etc

<http://www.drmass.com/casulty-simulation.html?gclid=Cl-Xq4j74KsCFQi87QodbymHWA>

Moulage kits, etc

[http://www.firstaidstore.com/product\\_results.aspx?keyword=moulage](http://www.firstaidstore.com/product_results.aspx?keyword=moulage) 1<sup>st</sup> Aid kits...just in case

<http://www.soimmature.com/index.html> Fun products, etc. 😊