**Blood**

**Ingredients**
- Water or Ivory Dishwashing Liquid
- Red food coloring
- Liquid starch / food thickener
- Iron tablets (odor)

Alternative: Pocket Nurse Simulated Blood ($17/gal)

**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

Burns

Ingredients
Colored makeup
Suggested: Ben Nye makeup wheels
Elmer’s glue

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
Bruises

**Ingredients**

Colored makeup  
Suggested: 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
Moulage Recipes

Urine

Ingredients
- Water
- Yellow food coloring
- Milk / liquid starch
- Ammonia (odor)
- Alternative: Pocket Nurse Simulated Urine ($17/gal)

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
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

**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

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

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

Simulated Blood ($17/gal) [http://www.pocketnurse.com/Pocket-Nurse-Simulated-Blood-1-Gallon/productinfo/10-81-5601/]

Simulated Urine ($17/gal) [http://www.pocketnurse.com/Pocket-Nurse-Simulated-Urine/productinfo/09-87-0201/]

Ben Nye Liquid Latex ($3.75/1 oz - $30/32 oz) [http://www.norcostco.com/liquidlatex.aspx]

Ben Nye Thick Blood ($3/0.5 oz - $32/16 oz) [http://www.norcostco.com/thickblood.aspx]

Ben Nye Dark Blood ($2/0.5 oz - $18/16 oz) [http://www.norcostco.com/darkblood.aspx]

Molding Scar & Nose Wax ($6/2 oz - $20/16 oz) [http://www.norcostco.com/moldingscarandnosewax.aspx]

Effects Gel Wound Kit ($18-$24) [http://www.norcostco.com/effectsgelwoundkit.aspx]

Wheels & Character Effects ($12) [http://www.norcostco.com/wheelsandcharactereffects.aspx]

Character Powders ($4/.75 oz - $15/10 oz) [http://www.norcostco.com/characterpowders.aspx]

Eyelashes ($4+) [http://www.norcostco.com/eyelashes.aspx]

Suggested Products (cont.)


Simulated Fecal Spray ($6.50) [http://www.pocketnurse.com/Simulated-Fecal-Spray/productinfo/05-74-2020/]

Morning Breeze Perfume $3.75) [http://www.soimmature.com/sub_pages/all_thumb_subspage_morning_breeze.html]

Pro Pet No-Chew Training Spray ($4) [http://www.walmart.com/search/search-ng.do?search_query=Pro+Pet+No-chew&ic=16_0&Find=Find&search_constraint=0]

Suggested Cleaners

Citrus II Hospital Germicidal Deodorizing Cleaner ($7/2 oz - $26/gal)
http://www.mooremedical.com/Index.cfm?Ntk=all&No=0&Search=Search&Ns=TotalRevenue%7C1&Ntt=57921

Goo Gone ($8-10) http://www.walmart.com/ip/Goo-Gone-Plant-Power/17300572#ProductDetail

Adhesive Tape Remover Pads ($4/box)
http://www.pocketnurse.com/Adhesive-Tape-Remover-Pads/productinfo/06-02-1505/

Ben Nye Remove It All ($5/2 oz - $10/8 oz)
http://www.norcostco.com/bondoffremover-1.aspx

Clean & Clear Continuous Control ACNE CLEANSER (Benzoyl Peroxide 10%) ($10-11) http://www.walmart.com/ip/Clean-Clear-Continuous-Control-Acne-Cleanser-Cleansers-5-oz-2pk/12560346
Pen marks or stubborn stains…apply thin layer & leave exposed to light overnight

PDI Super Sani-Cloth Germicidal Disposable Wipes ($9)

Web Sites

METI http://www.meti.com/
Professional makeup, wigs, latex, etc http://www.benny.com/

Ben Nye products (Collin’s approved vendor) http://www.norcostco.com/wheelsandcharactereffects.aspx

Ben Nye products http://www.wyb.com/makeup.html

Step-by-step Moulage instructions; Moulage kit; recipes; injuries http://www.cert-la.com/education/moulage.htm

Kits, etc http://www.drmass.com/casulty-simulation.html?gclid=CI-Xq4j74KsCFQj87QodbymHWA


Injury simulations online orders and photo gallery http://moulage.net/

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


Fun Products, etc http://www.soimmature.com/index.html