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

**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
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
A bruise begins a pinkish red color

Hours to a couple of days
Changes to a bluish color

Days to weeks
Then a greenish-yellow color, until it eventually fades away
**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

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**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

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**Subcutaneous Emphysema**

**Ingredients**
- Bubble wrap (small cells)

**Instructions**
Add bubble wrap under manikin’s skin or clothing
Moulage Recipes

**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

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
Suggested Products

Morning Breeze Perfume
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-savers.com/search.asp?keyword=casualty+simulation+wax&search=Search


Ben Nye Effects Gel Wound Kit http://www.norcostco.com/effectsgelwoundkit.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/05-74-3030-pocket-nurse-simulated-vomit-spray

Mepitac – ‘recommended’ tape for manikin use
http://www.pocketnurse.com/catalogsearch/result/?q=Mepitac
## 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=Citrys+II](https://www.mooremedical.com/Index.cfm?Ntk=all&No=0&Search=Search&Ns=TotalRevenue%7C1&Ntx=mode+matchpartialmax&Ntt=Citrys+II)

**Adhesives:** Goo Gone  
[https://www.walmart.com/search/?query=goo%20gone](https://www.walmart.com/search/?query=goo%20gone)

**Adhesive Tape Remover Pads**  

**Reds:** Ben Nye Remove It All  

**Ink:** Clean & Clear Continuous Control ACNE CLEANSER (Benzoyl Peroxide 10%)  

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

**Surfaces:** PDI Super Sani-Cloth Germicidal Disposable Wipes  

## Web Sites

**http://www.benneye.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.drmas.com/casulty-simulation.html?gclid=Cl-Xq4j74KsCFQio7QodbymHWA**  
Moulage kits, etc

1st Aid kits...just in case

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