

3D Foot/Hand Casting Instructions

Susan Friedlan, Scottsdale Healthcare, Shea Campus,

STEP 1 Alginate

Use Styrofoam cup or bowl

Pour Alginate 2/3 full in container

Pour in cool water stirring continuously

Alginate will start out purple and will be

The consistency of lumpy oatmeal

Cool Water slows the process, warm

Water speeds it up.

Submerge the child's hand in the alginate.

The alginate will continue to get lighter in
Color (purple, to pink, to white when set)

When the alginate is COMPLETELY white, it
is set Carefully remove hand or good from
the alginate at this time.

STEP 2 Stone

In a separate container mix stone
with cool H₂O (approx. 30 ml H₂O
to 100 grams powder)

Mix to a thicker consistency that is
still runny enough to pour (like
Elmer's Glue).

Pour into mold. Maneuver the
Container to evenly distribute the
Stone throughout the mold. Tap the
container to get all air bubbles out.
Allow to set and dry completely, 30-60
minutes, possible longer with larger casts.

STEP 3 Cast Unveiling

CAREFULLY peel container and alginate from
plaster cast. (If a little finger or toe breaks
from the cast, superglue works well).

Before the cast is removed from the mold, you
can carve the name/date in the bottom with a
20-22 gauge needle if you want to.

Supply Lists for Castings

Different size Styrofoam or cardboard cups and bowls

Plastic knives

20 or 22 gauge needles

*Alginate (Kromopan Dust free)

*Dental Stone (White)

The Alginate and Dental Stone can be obtained online at a wholesale dental supply distributor. The one I use is net32.com. This particular distributor has prices from many different suppliers, and you can get some good deals that way. When you are training staff on how to do this, you will go through more alginate than stone. I have had a 25 lb. box of the stone for over a year, and just now had to reorder. It is really nice to have the color changing alginate, it takes the guess work out of knowing if it is set or not. As far as the Styrofoam cups and bowls, check out your cafeteria. The bowls used for ice cream or soup are the perfect size for some smaller babies, and soup bowls work really well for some of the older gestations.

The biggest tip I can give, is use a baby doll to practice, and know it is not a perfect process. Sometimes a finger tip or tip of toe breaks off in the alginate. Keep a tube of super glue in case. Sometimes after removing the cast from the mold, there is excess alginate on in the folds of the hands. You can get that alginate out using an 18 gauge needle. We usually place the baby's hands together and submerge them in the alginate. They almost look like praying hands.

Parents appreciate anything we can give them, and I have been told that these casts really validate their child's existence. It gives them something precious and tangible to hold. It is "proof" that they were here.

Good luck in bringing this to your staff.