

STEPS FOR CASTING A HEAD

a) GRAB SUPPLIES

- Consult the "Ingredient List"
 - Bald Cap Process
 - Alginate/Casting of face
 - Plaster/Pouring of new plaster face
- Have *EVERYTHING* laid-out & easy to reach -- it will make all steps go much smoother.

b) APPLY BALD CAP

- Prep the subject for bald cap application.
- Apply & center the bald cap.
- If necessary, trim the bald cap.
 - Remember to put one of your fingers in between the scissor blade & the subjects skin so that there is no chance of accidentally getting the skin below.*
- Attach the bald cap starting at center edge of forehead.
- Continue to attach the bald cap down & along sides of face, cover ears.
- Once the bald cap is firmly attached, use the indelible pencil to mark the *hairline, crown of head & ears*.

c) VASELINE – Apply all over to Bald Cap & Eyebrows/Lashes (& other hairs...)

d) MIX ALGINATE --

1:1 Ratio (Alginate: Cold Water)

- Mix equal parts of alginate & water.
- Measure out four cups water into a bowl.
 - Colder water will give you more working time; warmer water will speed up the process.
- Measure out four cups alginate into the mixing bowl.
- Lock the mixer, turn it on the low speed & slowly pour in the water.
- Continue to mix the alginate until it is smooth & creamy.

e) APPLY ALGINATE --

(Apply with enough pressure to fill all crevices without injuring the subject)

warn the subject of every move that you are making especially when covering the eyes, nose, & mouth. (The same thing applies throughout all of these processes.)
Trust is mandatory for a successful Head Casting -- no joking around.
Ask questions periodically to check on the subject; let them know that you are still there.

- Take a big scoop of alginate & **start applying from the crown of head**.
- Continue to **work your way down the face**, grabbing more alginate as necessary.

- **Cover the eyes** -- Start from the outside corner of eye in towards the inner corner of the eye.
Keep an eye on the alginate as gravity causes it to droop so that the nose does not accidentally get covered before the model is prepared for this step.
- **Cover the mouth** -- Work from the outside corners of the lips in towards the center.
- **Cover the nose: Last section covered.** (For classes, let the teacher or aide know that you are ready for this step so that they will be there to assist with the delicate process of covering of the nose.)
 - Use the tongue depressor to gradually pull down/drag up the alginate around: **a)** the tip of the nose **b)** the curved crease at the bottom side of the nose **c)** the skin between the nostrils.
 - Continually keep an eye on the alginate before it sets as it could start oozing/drooping over the nostril(s). If you see this occurring, use a tongue depressor to clear away the alginate. The subject can also exhale through their nose to help clear away any remnants.
- Constantly **check to see that all areas are covered evenly & that there are no thin spots** caused from the alginate drooping down the face.

f) **PRESS TERRY CLOTH INTO ALGINATE** –

- Do this *BEFORE* the alginate fully sets (not while it is still super runny though).
 - Apply one piece to the forehead & another on each side of the cheeks/chin.
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g) **APPLY PLASTER BANDAGES** --

- One at a time, dip in water; warm water will set quicker than cold water.
- Wring the plaster bandage out.
- Always fold/double bandage over itself; this will help to build up areas quicker & stronger.
- **Apply around edges.**
 - Use longest bandages first.
 - Double over on itself lengthwise to create a skinny long band.
 - Apply bandage with the folded-over portion creating the farthest out section of the shell edge.
Do not go beyond the mark on the crown of the head as it will start to "hug" the curves of the head too tightly & make removal tougher.
- **Apply bandages all over.**
 - Use the medium length pieces (folded width wise) to start covering the face.
 - Always overlap previous bandages.
 - Cover the entire area using a combination of bandage lengths as necessary.
- **Apply bandages around nose.**
 - Use small strips to cover the main nose area; use tiny strips to cover in-between & beside the nostrils.
 - Use a couple of the small bandages to lock everything in.

h) **LET BANDAGES SET/TAP TO CHECK** –

(Softly tap, not thump—remember your classmate is in there!)

- Wait for the Plaster Bandages to ^{1st}Heat Up & then ^{2nd}Cool Back Down
- Don't forget to give updates/ask questions as to how the subject is doing.
- If it hasn't been done so already, this is a great time to clean out the mixer bowl.

i) **REMOVE HEAD CAST** –

- Let the subject know that everything has set & that it is time to remove the face casting.
 - Slide your finger under the edges of the alginate to loosen it from the bald cap & skin.
 - Ask the subject to :
 - Place both palms directly in front of head cast.
 - Begin scrunching/moving your face.
 - Lean over & catch the head cast.
 - Bald cap removal can begin now.
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j) **FILL NOSTRILS WITH ALGINATE** --

- Put enough alginate to cover just the bottom of a dixie cup.
- Add water to the alginate; mix with finger or tongue depressor. You can use warm water &/or less than an equal amount to the alginate so that it will set quicker.
- Fill the nostrils from the Plaster Bandage side.
- Soak, wring out, & place a small plaster bandage over the new alginate.
- Rest face cast on a towel in a large bowl.

k) **ATTACH CLIPS/CLOTHESPINS** --

- Use the clips to keep the alginate attached to the mother mold.
- Don't insert them too low or you will not be able to fill the plaster all the way up.

l) **EXAMINE THE ALGINATE FACE CAST** --

- If the pencil marks are faint, reapply.
 - Moderate imperfections can be fixed later; major issues require the face to be re-cast.
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m) **FILL THE HEAD CAST WITH PLASTER** --

2:1 Ratio (Ultracal Plaster: Acryl 60 or Water)

- *Optional:* you can rub Vaseline all over the mixing bowl for ease of cleaning.
 - Mix by hand, never in the mixer; always add the Acryl 60/water to the plaster.
 - Mix a small amount of plaster (one cup plaster: half cup Acryl 60/water) & apply inside the head cast.
 - Mix more batches of plaster (three cups or more: half that amount of Acryl 60/water).
 - Gently tap the head mold (or bowl that it is resting in).
 - *Optional:* strengthen the plaster with chosen material.
 - Place in a safe spot for the plaster to set.
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