Instructions for making silicone hand molds

1. Stir contents of large container. Be careful not to mix in any thick sediment from bottom of container.

2. Fill one of the provided smaller containers to the black line.

3. Apply a layer of Vaseline over the entire hand of the patient.

4. Use a paper towel to wipe off most of the Vaseline, leaving only a very thin coating on the hand.

5. Pour in one bottle of catalyst.

6. Using a clean mixing stick, stir for approximately 30 seconds. Be sure to scrape the sides of the container.
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7. With a piece of paper over the table, have the patient put their hand out level, with fingers splayed. Then pour the silicone over the dorsal side of the hand. Use a clean mixing stick to help spread the silicone over the hand.

8. Then have the patient turn their hand over and pour silicone over the palm side.

9. Turn the hand back over to dorsal side up. Make sure all surfaces are covered with silicone.

10. Put a large piece of paper on the floor. Ask the patient to put their hand by their side, with their hand in a “natural” position, dorsal side facing forward.
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11. Once the silicone has cured, repeat the coating process to thicken up the mold and to increase the mold's strength.

12. Coat both sides of the hand. Be sure to look for any voids that may have been missed during the first coating.

13. Once the second coating has cured, loosen up around the wrist by putting a finger under the silicone and running it all the way around the wrist.

14. Carefully make a small tear along the pinky side of the mold. This will help the mold slide off more easily.
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15. Work the silicone to lift it off the patient’s skin. Ask the patient if they can feel the silicone lifting off their skin. The patient can also wiggle their fingers to help separate the silicone.

16. Once the silicone has loosened from the patient’s skin, the patient can pull out while you hold the silicone mold.

17. The finished mold.

Be sure to have patient wash hands thoroughly after molds are made. Citrus based hand cleaners work best for clean up.