

Accu-Cast Foot Casting Kit

Kit Contents:

- Four bags of 570-PGV alginate (A)
- Two bags of LiquiStone Flowable Gypsum Cement
- Rectangular Molding Bucket
- Procedural DVD
- Thermometer
- Black Plastic Dropcloth

You will need:

- Two measuring buckets that will hold 2.5 quarts of water each
- One measuring cup that will hold 24 fl. ounces of water
- Scissors
- a Dull Knife
- a Tube of Super Glue
- Paper Towels
- a Timer (optional, but highly recommended)
- a Flat Table to Mix On

Instructions:

These instructions are for the Mix In The Bag technique shown in the video. ***If you'd prefer, you can mix the alginate from two bags at once, with 5 quarts of water, in a 5 gallon bucket with a Jiffy Mixer on an electric drill.*** This technique is faster, but creates more cleanup. Remember to run the drill in reverse (counter-clockwise) to minimize the entrapment of air bubbles. **NOTE:** The setting time of the alginate is approx. 5 minutes. This is measured from when the water hits the powder- so “move along”.

1. Please watch the DVD. It will help you get a feel for the procedure and how the materials work.
2. Measure out two buckets of water, 2.5 quarts each. Ideal water temperature is about 75°F.
3. Roll down the top of one bag and pour in 2.5 quarts of water.
4. Grip the top of the bag tightly, squeeze out the extra air and mix in the bag as shown in the video for approximately 1 minute 15 seconds.
5. Bounce the bag up and down on the table for an additional 15 seconds.
6. Empty the bag of mixed alginate into your Molding Bucket.
7. Repeat this mixing procedure with the second bag of alginate.
8. The Molding Bucket should be nearly full when you are done.
9. Place the Molding Bucket on the floor, on your black plastic dropcloth.
10. Ensure that your foot is clean and push it down into the alginate. If some overflows- don't worry.
11. If you are putting all your weight on the foot, then stand. If you are hovering the foot in the alginate to get a full top and bottom sculpture, then sit- it is much easier.

12. Slide your foot forward and backward. Your heel wants to be near the back of the bucket without touching.
13. Hold this position until the alginate has become quite firm and rubbery- about 1 minute after it is no longer sticky on the surface.
14. With your dull knife, cut the alginate down between the back of the Molding Bucket and your Achilles tendon.
15. Also cut the alginate down the front of your ankle about 1.5 inches out from your ankle, as shown in the video.
16. Sit down. Wiggle your toes and gently pull your foot out of the mold. The cuts in the alginate should provide enough relief to do so.
17. Take your finished mold to the table.
18. Surprisingly, alginate can be SuperGlued. Put some Super Glue in the two cuts you made in the alginate and push the halves together- making sure to line up the two sides carefully. Hold for a few seconds until the glue sets.
19. Measure out 22 fluid ounces of water.
20. Pour this water into one of the bags of LiquiStone- marked with an S.
21. Mix the LiquiStone in a similar manner as mixing the alginate. Pay careful attention to push the dry LiquiStone in the bottom corners of the bag into the main part of the mix.
22. Mix for about 1 minute, then bounce the bag up and down on the table for about 1 minute, as shown in the video.
23. With scissors, cut about 1 inch off the bottom corner of the bag. Hold the bag carefully to avoid spilling the mix.
24. Pour the LiquiStone down through the ankle hole into your mold. When half filled, tilt the mold back and forth several times to release air bubbles that might have been trapped up in the toes.
25. Finish filling the mold. You may have some left over- just discard it.
26. Wait 1 hour before demolding.
27. Turn the Molding Bucket upside down and lift it off the alginate mold.
28. Carefully begin breaking the alginate off the stone casting. If you need to use a tool, be careful not to scratch the casting. The casting will continue to get much, much stronger over the next 24 hours.
29. You will probably see the cut marks you made in the alginate mold on your casting as two thin ridges of LiquiStone. just scrape or carve these off.
30. If there are air bubbles, these can be filled with plaster, spackle or similar material. Positive bubbles from the alginate mold can be popped off with a popsicle stick or knife.
31. REPEAT this procedure with the other foot.
32. If you wish to apply a paint finish to your castings, wait at least 3 days for them to dry.