

## Foot Impressions

### Alginate:

Mix two parts alginate to one part water. After you determine the height needed for support, pour water in container to about  $\frac{3}{4}$  that height. Add alginate until it is the consistency of oatmeal. Mix with a spatula, not a drill. **Insert the foot quickly since the alginate will begin to set up in about 30 seconds. Be sure to cover the patient's foot with Vaseline or similar coating to prevent hair from sticking in the alginate and causing pain when the foot is removed. The impression needs to be made in the full weight bearing position.** The alginate will set up within ten minutes. Before removing the foot have the patient move their foot around and break the suction. The foot should slip out of the alginate pretty quickly.

### Dental Stone:

Mix the stone until it is thick enough to stand up on a spatula. If it is too wet it will shrink and not harden enough. Pour a small amount of stone into the alginate impression, while holding the container at an angle that will flow down towards the toes. Shake it down into the toe area. You can hit the container on a table or floor to make sure the stone settles into the whole area and is level. This will take care of any air bubbles that might occur. Repeat this process until the alginate model is full.

After the stone hardens, cut away the alginate. Don't ship the stone to us in the alginate. The stone will continue to absorb the water out of the alginate and expand and not harden. It is best to wait until the stone is dry before shipping.

