

I Applying a Foam Prosthetic:

All prosthetic appliances require the use of strong professional grade adhesives. These adhesives are designed to adhere the prosthetic securely to the skin. They do require the use of special adhesive removers. Pulling off a prosthetic without the use of these removers can cause serious injury to the skin, often removing several layers with the appliance.

Adhesives most widely used are: Pro Adhesive, Pros-aide, Telesis and Beta bond. Though Spirit Gum has been an adhesive used by many in the past, professionals tend to lean more towards the fore mentioned adhesives. Spirit gum has a tendency to dry out and become hard and non-flexible. Because it is an alcohol based adhesive, it can dry the skin and cause sensitivity.

The remover of choice is either Pro Adhesive Remover or Super Solv. Either adhesive remover will remove all the above adhesives. You can also use isopropyl myirstate and in small doses 91% alcohol. Alcohol is not recommended to remove the entire piece as it will dry the skin, rather use it in places where there is a need for a little more strength in removing any left over adhesive. Overall, if used properly, you should only need to use Pro Adhesive Remover or Super Solv.

The following is by no means a definitive way to apply a prosthetic. It is merely meant to pass along information in basic application technique. The techniques in this demo can be applied to any foam latex application.

Depending on the look you are trying to achieve, you may need to add a warm undertone to the piece after gluing it down. Foam latex pieces can lack a warm look/undertone and can appear very dead looking. If you are going for a dead look than you will not need to add this undertone. By adding the undertone, you can achieve a more realistic look to your prosthetic. For this demo, we will be using an undertone but not one that is of a "natural" color.

Here is a list of items you will need for application:

- Witch Hazel (for cleaning the face)
- Prosthetic (sometimes called an appliance or piece)
- Prosthetic Adhesive (Pro Adhesive is used for this demo)
- Foam latex Sponges
- Q-tips
- Baby Powder (Translucent Make-Up Powder is better, but baby powder works fine)
- Powder Puff (at a pinch you can use a clean foam wedge if you don't have one)
- Alcohol (99% Isopropyl is best but you can use 91% if needs be)
- Paper Towel
- Powder Brush
- Glue Brush (Optional: You can use a Q-tip or Foam Wedge, but they do not work as well)

- Rubber Mask Grease (often called RMG, RCMA or Appliance Foundations-made with a castor oil base so they do not break down the latex)

Cream makeup will cause your piece to breakdown faster and look very chalky in appearance. Try and not use regular cream makeup or foundations. RMG, RCMA or Appliance Foundations are specifically made to go over foam latex appliances.

- Orange Stipple Sponge
- Various small brushes for detail work (optional- you can use Q-tips and your fingers if you need to)

- It's best to make a practice of scraping off the makeup out of its original container and onto another surface. This helps to keep the application process more sterile and not contaminate your container of makeup. A good and cheap pallet to purchase is a pad of wax paper. It's inexpensive and can last you a long time. Stretch your dollar by cutting you wax palettes in half.

- Water Based Lubricant (such as K-Y or a cheap generic equivalent)
- Hairdryer

It's best that your work area be clean and has plenty of room and is not a high traffic area. No body need an eye poked out. Also used a comfortable chair at a good height as to allow for better viewing of your work. If you are applying to another person, this helps to limit bending and stretching too much throughout the application process.

Use a hairdresser's cape, drop cloth or towel to place around the shoulders to protect clothing from any material that you do not wish to get on them.

Contact lenses: If you are going to have contact lenses that are a part of your look, there are two options.

1. You can wait to put them in after you have done the application.
2. You can put them in before you start the applications.

All this is really a matter of preference. When working on others, it is best to have them in before the application. If you are working on yourself, putting them in afterwards allows you to fully see what you are doing without any distractions. It is a preference though. You can always touchup any areas you may disturb from putting the lenses in.

Pre-coloring your prosthetic:

Though it is not necessary to pre-color your piece, it does save time and can make applying a prosthetic to yourself a much easier process. In this demo the piece has been pre-colored. There are many ways to color a piece. A general rule is to only use the acrylic, Pro Adhesive formula, or PAX, on the foam piece only. (PAX Formula: 5 grams of color to 5 grams of adhesive.) Do not go over the amount of acrylic, as your PAX will loose its flexibility and adhesive qualities. Use makeup to blend off the color onto the face.

Applying your prosthetic:



It is best to start with a clean surface. Try and not use any abrasive cleaners to the skin as it can increase sensitivity. Witch Hazel is a good gentle cleaner to use. Using a makeup sponge and a little Witch Hazel, gently clean the face of any makeup or dirt.



If you wish, you can apply a barrier to the skin after cleaning it if need be. Two types of barriers are Buffer Zone and Derma Shield. These two types of barriers are used to make the removal process easier. Some people may need it and others not at all. This all depends on your skin type and the duration you wish to have a prosthetic on. Always read the labels and instructions on anything before use.

If your piece has any extra foam latex around the edges (flashing) gently pull

off the excess. It should tear off easily or with little effort.



Place the appliance in the desired position. Do not use any glue at this point, we are getting an idea of fit and placement options. With a powder puff, place powder all around the edge of the prosthetic. You want the powder to be quite obvious, but do not go overboard as it can turn to sludge once it mixes with glue. Remove the appliance and you have now made an outline of where the prosthetic will go. This will help you to get the placement right once you begin gluing the piece down.



*When you get more experienced and confident you will be able to skip this step and go straight to the glue, but to start out it is a good exercise to go through.

At the center of the piece, place a small patch of glue. Do not go to the edge, only in the center. Reposition the appliance and press down where the glue was applied. You can apply a small amount enough to leave some on the person you are applying to. Think of it as a stamp.



After you have repositioned the piece and you are confident on where it will be placed, pull the piece back off and dry both the glued area of the prosthetic and the area on the person with a hair dryer. After dry, place the piece back on the person. This will insure a well anchored starting point.

From this point, you will work out from the center, applying glue in the same fashion as you did before. This process is used on all pieces. Gently pull back the piece and work your way out, making sure that all areas of the piece are glued down. You don't want any air pocket areas. Repeat this step until the entire appliance has been glued down with the exception of about a quarter to half inch around the edges.



Run glue under the edges all around the piece. You may need to lift it up with your fingers. You can also use long tweezers to gently grab areas of the edges to lift up in order to apply glue under. Remember, you do not need to use tons of glue. You only need to have enough so that both the skin and the piece are tacky. More glue doesn't mean a stronger hold.



You may have an edge or two fold up on you and make it difficult to blend out later. To avoid this, use a little alcohol and unfold the piece using a brush to lay it back into place. If you have any issues with edges or need to blend out an area more, you can use CABOPASTE. This is a combination of Pro Adhesive and cabosil (a thickening agent). Wear a respirator or dust mask when using Cabosil. Mix the cabosil into the adhesive until it reaches your desired thickness. It will not take much to achieve a paste. You can also do the same by using latex instead of Adhesive. If cabosil is not something you wish to work with or do not have access to it, simply leave out some adhesive in a cup. Overnight it should dry to a thicker state.



As you glue down the piece, use a powder puff to press down the piece. This is more comfortable to the person you are applying to and you can use it in a rolling manner to press the piece into place.

As you glue down the edges, brush or sponge away from the piece as to not fold your edges under your piece.

If you have an area that needs to be lifted and re-glued, you can use a brush or Q-tip dipped in alcohol to loosen it and re-position it. Be very careful around the eyes as not to irritate the eye. **Remember: The fumes from alcohol can irritate the eye area as well, so use with caution.**

Sealing and coloring your prosthetic:

You can do this one of two ways.

1. Using a latex sponge **stipple** glue over the entire prosthetic. This will seal the foam and prevent the oil from the make-up soaking into it. Always stipple or dab the glue / make-up when working with prosthetics as smearing or wiping will ruin the texture of the appliance and give you streak marks in your make-up that will not look realistic.

2. If you haven't already pre-colored your piece, you can do the same using a predetermined color: Acrylic paint mixed with Pro Adhesive. 1:1. i.e. 5 grams of paint to 5 grams of adhesive.

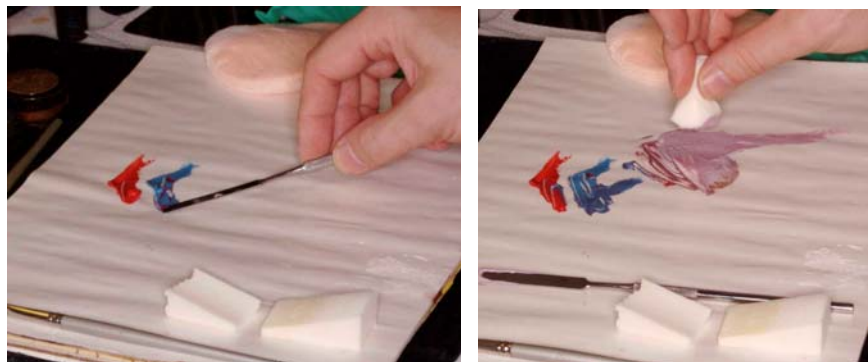
You can apply this and any other layers of color in a wash as well to give a better translucent look. Remember to stipple and not drag or smear your color.



Dry it with a hair dryer in between layers and prior to the next step.

It is also important for you to have your subject close their eyes and tell them not to open them until you ask them as you may accidentally glue their eyes open. You can at this point powder the piece if you wish to remove the stickiness. It is entirely a personal preference. It will however cool the piece down in color considerably as you are putting a whitish film across your warm undertone.

After your piece is sealed with your PAX color, you can now switch to using RMG, RCMA or Appliance Foundations. As stated before, it's best to make a practice of scraping off the makeup out of its original container and onto another surface. This helps to keep the application process more sterile and not contaminate your container of makeup. A good and cheap pallet to purchase is a pad of wax paper. It's inexpensive and can last you a long time. Stretch your dollar by cutting your wax palettes in half.



Using an orange stipple sponge or latex sponge, create a wash of color using alcohol to thin the color.

(You can also use the PAX formula if you wish. If you decide to use the PAX formula, **DO NOT APPLY PAX OVER THE EYES**. Use water to thin the color. Remember to try and keep your PAX formula on the foam piece only.)

Using RMG, RCMA or Appliance Foundations, begin stippling your lightest

color on first. You can thin this down using alcohol but do not go overboard and make sure that you are in communication with your model about your choices. Be sure that if you are working close to the eyes, that you have them close them. It's best to not go over the eyes with any kind of alcohol. Simply use the RMG, RCMA or Appliance Foundations with no alcohol and apply with a brush or sponge. Take it out slightly past the edge of the appliance to help blend the appliance with the skin and hide where the edge is.

You want to gradually blend it around the edge by pressing more lightly. The stipple sponge will leave a nice texture that will end up looking like skin tone.



Begin applying your second skin tone. When applying a look that will generate a natural flesh tone, again always refer to the natural colors in the skin as to placement and intensity. This will become easier the more you do it. By studying your subjects face, you will see that skin is made up of many different layers and tones. The idea is to try and duplicate this look as close as you can. Skin is not just a single color, "Flesh tone #5" that you get at the store.

You can now apply your other tones that will make up your over all skin tone. For the most part, a basic application will only need about 3-5 skin tones. The best way to tell if you are achieving the look you want is to practice, practice, practice. There is no need to get too carried away with this process. Use more washes of color rather than harsh opaque tones. Reason is that you don't want to cover up your initial layers. You want to see those other layers. This gives the skin depth and realism, even if you are going for a more "unnatural" skin tone. After all, it's still a skin tone.

Set your RMG, RCMA or Appliance Foundations layers with a powder puff. Use this opportunity to make sure that the piece is secured all over as well by pressing and rolling. Dust off any excess powder using a makeup brush.



To add greater detail, you can stipple washes of color (texture) in only certain areas of the piece. Take a look at your own face and you will see that there may be more of a reddish tone in some areas brownish or olive in others. This breaks up the face and gives a more realistic look. You can then apply this same coloring technique to any piece you apply regardless of the base color.

In this demo, a spattering technique was used, using a single action airbrush. You can thin down RMG, RCMA or Appliance Foundations with alcohol or use an already alcohol based airbrush makeup. With the PSI set very low, angle your airbrush down to allow the flow of material to slightly run out the tip. Tap the trigger to spatter the color. You can use different tones to break up the surface.

Be sure to communicate with your model prior to doing this and remember to have them close their eyes until you tell them to open them.



Try adding in some highlights and darken in other areas to give the piece

dimension. The eyes were darkened in using colored and luminescent eye shadow powders. The ledge of the eyes was also lined using a black liner makeup. **It takes a steady hand to do this, so be very careful.** By darkening in around the eyes, the eyes pop out more, giving a more intense look. A dark purple lip color highlighted with a luminescent powder and eyelashes were also added to heighten the effect.



You can blend out any hard lines or spots you have created using either a dry sponge, or one with a little alcohol or your fingers **(be sure that they are clean).**

Powder the makeup down to set it. Be sure your model does not open their eyes until the powder is dusted away.

You may notice that the piece looks rather chalky. Not to worry. Using a little K-Y jelly or water based lubricant **(be sure that you purchase a tube and use it only for application purposes)** and a makeup sponge, stipple a very small amount over the piece. This will lift away the chalky look and give the piece a gentle sheen.

You can always take your application to the next level by adding contact lenses, hair and or teeth.



Please read the section on removal before attempting to remove the prosthetic.

Removing a Foam Prosthetic

!!!NEVER PULL OFF A PROSTHETIC!!!

As stated in the application, improper removal of a prosthetic can result in serious injury to the wearer. It is due to this that you should take great care during the removal process and only use products specifically designed for removing the special adhesives that are used for this type of make-up application. Here is a list of items that you will require:

- Adhesive Remover (Pro adhesive Remover or Super Solv)
- Large Taklon or Polyester Brush (1-1.5 inches wide recommended)
- Cotton Pads
- Baby Wipes
- Isopropyl Alcohol (91-99% recommended)
- Hot Towel
- Moisturizer (optional)

There are several methods of removal that work well. The method covered here will not use, as much remover as some others, but is a little slower. It is crucial that you allow the product to do its job and not try and rush the process. Removal time varies from person to person as some people's skin take the adhesive a lot more securely than others. It is also important to keep in constant communication with your model, as they will be able to tell you if you are going a little too fast and it is causing discomfort. If, as in this case, the appliance covers an area above the eyes, have your model fold over some cotton pads and press

them against their eyes. This is to stop the remover running into their eyes.

First the eyelashes are gently removed. Gently brush remover generously along the edge of the prosthetic and surrounding area. It is best to start around the edges of the piece to get the remover working. Before having your model press cotton pads up the their eyes, apply a small amount of remover to the edges of the piece. Be careful not to get remover into the eyes.



After this step, place cotton pads over the eyes and continue working the edges loose.



The remover will cause the foam latex to expand and distort as it absorbs it. This absorption will go all the way through to the glue and will begin to release the edges.

You can work the edges with the brush, maintaining a high saturation of remover on the brush.

Another method is to tear a small hole and insert a squeeze bottle with a long narrow tip in and flood it into the piece that way. This will use a lot more remover, but will get faster results.

With either the brush soaked in remover or the tip of your squeeze bottle,

begin working the remover down under the piece, carefully peeling back the appliance as it releases from the skin. **DO NOT RUSH!!!** Allow the product to do the work. Patience is very important.



Take it all the way down until it reaches the eyehole, or the bottom of the prosthetic. Carefully tear through the prosthetic. Do NOT tear it from the skin contact point, tear it carefully using both hands, and at a place that is totally removed.

Follow these steps all the way along the forehead until there is no more of the appliance above the eye where remover could run down and cause pain for the model.



Once this has been done, you may remove the pads from over the eyes if you wish.

Just as before, keep working the product in with the brush and allow it to gently absorb into the skin and prosthetic.

Feel free to tear off sections as they become removed to avoid lumps of soggy, oily foam from hanging in the way.

Follow the above steps until the whole prosthetic is removed.



Once it is removed, using your (clean) fingers or more cotton pads soaked with remover, massage the remover into any areas that have stubborn glue residue. The fingers are great for this as they are non-abrasive. You may use cotton pads, but discontinue if the skin gets irritated or sensitive.

Once all the make-up, glue and solvent have been removed with the baby wipes, apply a hot towel over the face to sooth the skin and open up the pores. You may then apply a little moisturizer if you wish.



It is not uncommon for this process to take half an hour or more depending on the size of the prosthetic. Remember, to take your time.

This demonstration was brought to you by Makeup and Creative Arts and in conjunction with other experienced artists. For more information about Makeup and Creative Arts, visit www.makeupandcreativearts.com

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