Accu-Cast Prosthetic-Grade Alginate

Here's WHY you should be mixing your Alginate CORRECTLY:

1) **FASTER**- Measuring out your water and powder correctly is quick and easy using the new "How Many Pounds of Alginate Do I Need?" Charts. Also, if you do the job right the first time (faster), you won't have to do it again.
2) **CHEAPER**- Not making enough alginate mix to do the job means having to do it over (not cheap). Mixing too much alginate mix means having to throw some away unused (not cheap). Measuring out the correct amount of powder and water (see "Easy") and mixing with a power mixer (see "Easy") gives you a better-blended, smoother mix and requires less powder for a given volume (cheaper).
3) **EASIER**- The new "How Many Pounds of Alginate Do I Need?" Charts make determining the correct amount of alginate powder and water you need very easy. Mixing alginate with a power mixer is MUCH easier than mixing by hand and gives you a much better mix (see "Cheaper" and "Better").
4) **BETTER**- More consistent alginate mixes give better results- period. If you've always settled for "good-enough", you'll probably be surprised by "really good".

SAVE TIME, SAVE MONEY, MAKE YOUR WORK EASIER AND BETTER-
LEARN TO MIX YOUR **ACCU-CAST ALGINATE** THE ***RIGHT WAY*** TODAY.

Here's HOW to mix your alginate CORRECTLY:

For a socket duplication procedure:

Measure your Powder and Water

1) Measure the Medial/Lateral dimension of the top of the socket (in inches).
2) Measure the Anterior/Posterior dimension of the top of the socket (in inches).
3) Average the two measurements.
4) Measure the depth of the socket (in inches).
5) On **table A**, look down the scale on the left until you see your averaged M/L, A/P number.
6) On that row, look across to the right until you find the number directly above your "socket depth" measurement on the bottom scale.
7) This figure in that box is the correct amount of alginate for your job. (For 7-inch average diameter and 7-inch depth, the intersection shows that you will need 1.5 pounds of alginate)
8) To figure how much water your alginate will require, go to **table B**.
9) Whole pounds are located on the left scale while decimal fractional pounds are located on the bottom scale. (For 1.5 pounds, the intersection of 1 and 0.5 indicates that you need 15 cups of water, or 3 ¾ quarts)

Mix the Alginate

10) Put alginate powder into your mixing bucket.
11) Pour water into the powder.
12) Mix with a power mixer (Paint mixer on a power drill) slowly at first, then faster. (Try to mix so air is **not** being sucked down along the shaft of the mixer. **Reverse your drill if necessary** to avoid whipping lots of bubbles into the mix. Go to the paint department at any hardware or home improvement store and ask for a paint mixer. ***Don't get the plastic one***.)
13) Pour the alginate into the socket as usual and continue with your procedure. (To see a pictorial on this procedure, see the Accu-Cast website: www.accu-cast.us)

NOTE: Alginate sets slower with cold water and faster with warm water. Approximate setting times with different water temperatures: 60°F- 3:45, 70°F- 3:00, and 80°F- 2:30.

A

Socket Duplication Alginate Measurement

This table assumes a socket that tapers approx. 50% top to bottom.
Less taper may take a bit more alginate, and more taper a bit less.

Average of M/L & A/P in inches		Pounds of Alginate Needed										
12		1.25	1.88	2.50	3.13	3.75	4.38	5.00	5.63	6.13	6.75	7.38
11.5		1.13	1.75	2.25	2.88	3.38	4.00	4.50	5.13	5.63	6.25	6.75
11		1.13	1.63	2.13	2.63	3.13	3.63	4.13	4.75	5.25	5.75	6.25
10.5		1.00	1.50	1.88	2.38	2.88	3.38	3.75	4.25	4.75	5.25	5.63
10		0.88	1.38	1.75	2.13	2.63	3.00	3.50	3.88	4.25	4.75	5.13
9.5		0.88	1.25	1.63	2.00	2.38	2.75	3.13	3.50	3.88	4.25	4.63
9		0.75	1.13	1.50	1.75	2.13	2.50	2.88	3.13	3.50	3.88	4.25
8.5		0.63	1.00	1.25	1.63	1.88	2.25	2.50	2.88	3.13	3.50	3.75
8		0.63	0.88	1.13	1.38	1.75	2.00	2.25	2.50	2.75	3.00	3.38
7.5		0.50	0.75	1.00	1.25	1.50	1.75	2.00	2.25	2.50	2.75	2.88
7		0.50	0.63	0.88	1.13	1.25	**1.50**	1.75	1.88	2.13	2.38	2.50
6.5		0.38	0.63	0.75	1.00	1.13	1.38	1.50	1.63	1.88	2.00	2.25
6		0.38	0.50	0.63	0.88	1.00	1.13	1.25	1.50	1.63	1.75	1.88
5.5		0.38	0.50	0.63	0.75	0.88	1.00	1.13	1.25	1.38	1.50	1.63
5		0.25	0.38	0.50	0.63	0.75	0.75	0.88	1.00	1.13	1.25	1.38
4.5		0.25	0.38	0.38	0.50	0.63	0.63	0.75	0.88	0.88	1.00	1.13
4		0.25	0.25	0.38	0.38	0.50	0.50	0.63	0.63	0.75	0.75	0.88
3.5		0.13	0.25	0.25	0.38	0.38	0.38	0.50	0.50	0.63	0.63	0.63
3		0.13	0.13	0.25	0.25	0.25	0.38	0.38	0.38	0.50	0.50	0.50
2.5		0.13	0.13	0.13	0.25	0.25	0.25	0.25	0.25	0.38	0.38	0.38
2		0.13	0.13	0.13	0.13	0.13	0.13	0.25	0.25	0.25	0.25	0.25
socket depth >>		2	3	4	5	6	**7**	8	9	10	11	12

B

Water Measurement

Pounds of Alginate		CUPS of water required (divide by 4 to determine QUARTS required)							
7		67.5	71.5	72.5	74.0	75.0	76.5	77.5	79.0
6		58.0	61.5	62.5	64.0	65.0	66.5	67.5	69.0
5		48.0	51.5	52.5	54.0	55.0	56.5	57.5	59.0
4		38.5	41.5	42.5	44.0	45.0	46.5	47.5	49.0
3		29.0	31.5	32.5	34.0	35.0	36.5	37.5	39.0
2		19.5	21.5	22.5	24.0	25.0	26.5	27.5	29.0
1		10.0	11.5	12.5	14.0	**15.0**	16.5	17.5	19.0
0		0	1.5	2.5	4.0	5.0	6.5	7.5	9.0
	decimal pounds of alginate>>								
		0	0.13	0.25	0.38	**0.5**	0.63	0.75	0.88

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