

## Realistic Wound FX

by **Pull and Twist** on July 15, 2007

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## intro: Realistic Wound FX

In this following instructable I will be showing you how to make a simple, yet realistic and reusable, latex wound effect on a tight budget.



### Image Notes

1. The final product in all of its glory.

## step 1: Getting the Supplies

For this project you are going to need the following supplies:

### Supplies

- Liquid Latex - \$11 for a 8oz bottle.
- Stage Blood - \$2 for a 1oz bottle.
- Basic Make-Up Kit - Should include foundation, basic creme pallet of at least 4 colors, setting powder and applicators.
- Toilet Paper

The most common place to find these out of the Halloween season is at a costume shop or online, especially for the liquid latex and stage blood. The make-up can be purchased at any retailer that carries make-up... usually for under \$10. As for the toilet paper, that's practically free... and if don't have any at home, pocket a square next time you use the public restroom.



### Image Notes

1. Make-up obtained through various means. A basic make-up set can be purchased for cheap from any retail store.
2. Various applicators collected over time. Be creative when looking for applicators. Many household items like toothpicks and q-tips can come in handy.
3. Liquid Latex and Stage Blood - \$13 at costume shop.

## step 2: Building the Prosthetic

Begin by cleansing the desired application area, in this case my left wrist. Once the area is dry and clean, begin applying the first thin layer of Liquid Latex. You can use a brush, a wood applicator or a clean finger for applying the Liquid Latex. I find that the best results come from using your finger. Let the latex dry until it is tacky. (Quick Tip: Use a blow-dryer set on cold to quicken the drying process.) Allow the latex to dry completely if you wish to add another coat to thicken the base.

After the base coat of Liquid Latex has begun to dry, remove one square of toilet paper from a roll. Try to obtain a two ply kind with no texture or designs. Separate the plies and roll each side into a snake like structure. This will create the raised skin that forms the wound. Take one of the rolls and apply it to the latex base.

Using your finger apply Liquid Latex to the toilet paper now positioned on your application area. Be generous, blending the outside of the wound structure with your skin. The inside should be left at an abrupt edge.

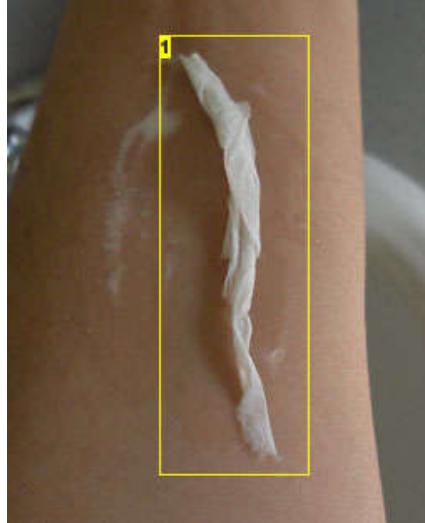
Add the second piece of tissue to complete the wound. I prefer to join the top and bottom edges as to create a pool that will catch the stage blood when it is applied.

As you did with the first side of the wound, coat in a generous amount of latex, blending the paper into your skin.



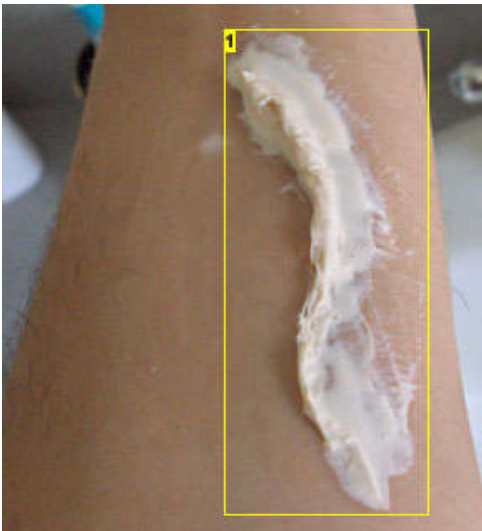
### Image Notes

1. Use thin layers to aid in the drying time. It will also allow you to blend it easier.



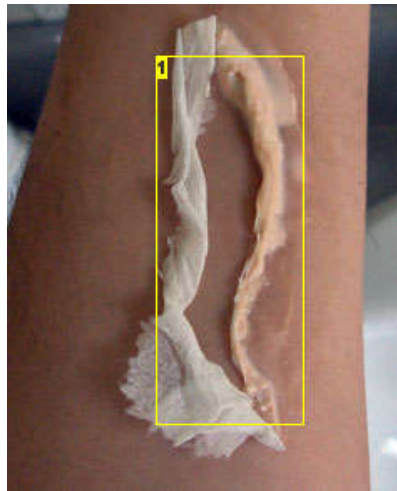
### Image Notes

1. Loosely roll up the toilet paper. If you scrunch it up to tight you won't be able to shape it as easily. Derma Wax can be substituted for tissue paper... but we're working on a budget.



### Image Notes

1. Don't be afraid to plop on the latex... the edge needs a lot of it to blend with the skin.



### Image Notes

1. Notice the reservoir... it'll help keep in the stage blood later on.



### step 3: Drying and Setting

Now let the latex dry completely. I recommend using the blow dryer to speed up the process for about 10 minutes and then taking a 15 min break to let the latex cure even more or until you have a dry application.

Once the latex has dried you will need to set it with some Neutral Set Powder to take away the tackiness and to make sure the make-up does not gelatinize the application. Shake off excess powder.

Setting will often dull the colors and leave a powdery residue on your application. Dabbing the piece with a piece of damp toilet paper will fix these problems.

The piece is now dry, set and ready for the next step of production, make-up application.



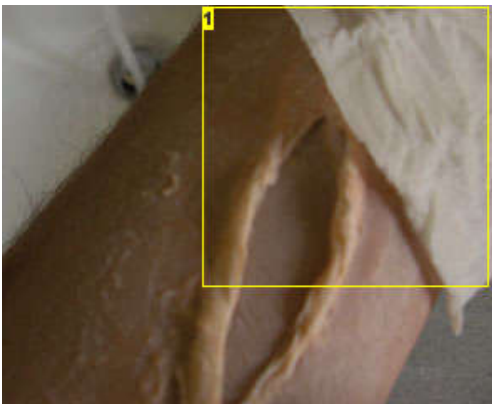
#### Image Notes

1. The latex is now dry... but will still be tacky to touch and may gelatinize when using certain types of make-up unless it is set.



#### Image Notes

1. Notice the white powder that is left behind from the setting agent... it looks out of place and dulls the application.



#### Image Notes

1. A moist piece of toilet paper should dab away all the residue and brighten up the colors.



#### Image Notes

1. Dried and set, you're now ready for make-up.

#### step 4: Applying the Make-Up: The Base

Make-Up application is an art and can be very frustrating at times. The following is just a guideline based on how I applied my make-up, but should be adapted to each individual situation. I begin my application with some liquid foundation to give a base color to the application.

I coat the application evenly with foundation using a flat brush. Use a foundation that closely resembles your skin color. (Quick Tip: To save on expenses, purchase brushes and applicators from art supply stores as the selection and price is better then the applicators found at normal super-markets.)

Blend the foundation into your skin using a blending sponge. I used one of those cheap little foam triangles. (Quick Tip: Make your sponges last, rinse them off after every use to keep make-up from building up on them and rendering them un-usable.)

Once the blending is complete. I prefer to add a darker foundation around the wound with a pad to create some depth.

The darker foundation will highlight the wound and draw attention to it and away from imperfect blending. It will also give the appearance of bruising which is common with large wounds.



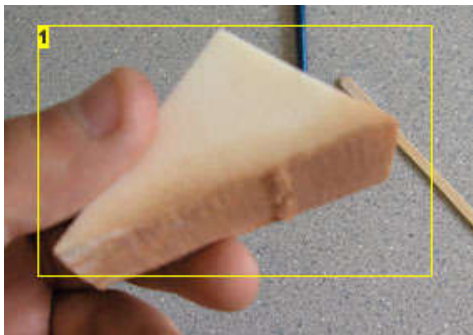
##### Image Notes

1. Any liquid foundation that matches your skin tone should work... it doesn't even have to be liquid, you can use cream or whatever.
2. I use a small flat brush to apply the foundation. You can buy them from the make-up department at a retail store. I purchase mine from art stores since they have a larger selection and better prices.



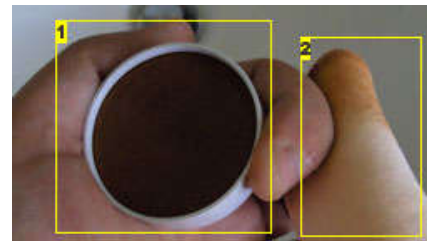
##### Image Notes

1. The foundation is applied but still needs to be blended.



##### Image Notes

1. These are really cheap and very valuable. You can prolong the life of these little sponges and your brushes by rinsing them off after every use.



##### Image Notes

1. A darker toned foundation... great for depth and shadowing.
2. To apply and blend this foundation I am using a powder pad.





**Image Notes**

1. The finished result... notice how much better it looks with the darker foundation and how it makes the skin tone more uneven and realistic.

**step 5: Applying the Make-Up: Highlights and Meat**

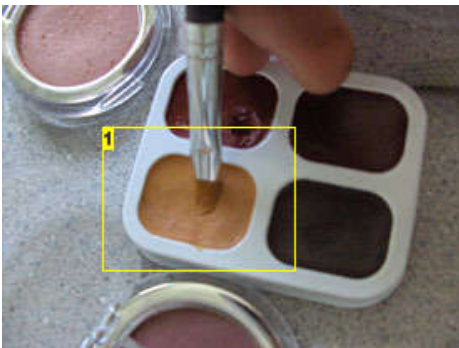
Now it's time to highlight parts of the wound using a lighter colored make-up. I apply the highlights using a small flat brush only covering the higher sections of the application.

Followed by some texture using a texture sponge. You can use any textured sponge for this, I used a plastic hive like one I had on hand.

Now that the wounds has been blended into the application area, it is time to start working on the inside of the wound. I begin by applying some darker make-up to the inner edges of the wound to simulate stronger shading and add depth. In this example I used black.

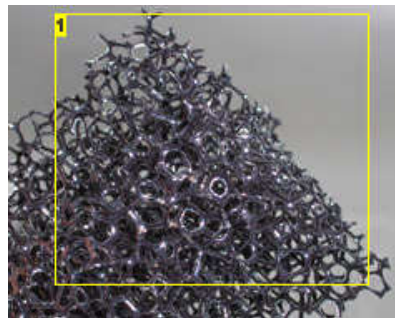
After which I apply a dark red make-up to the inside of the wound.

Set the make-up using Neutral Set Powder and the same process as setting the latex at the beginning of the tutorial. Blotting the piece with moist toilet paper will bring back the color and remove extra powder. (Quick Tip: Setting make-up is the most often forgotten crucial steps in make-up application and results in running and ruined make-up at the first sign of moisture such as sweat or water.)



**Image Notes**

1. I apply the lighter colored highlight makeup with the same small flat brush.



**Image Notes**

1. This just happens to be the sponge I used to texture... but anything works. Be creative, I've seen people use orange peels.



**Image Notes**

1. This adds depth and will look good once the red of the meat is added.



**Image Notes**

1. For most occasions you don't even need to go further then this step... from a casual distance this wound is completely believable.



#### Image Notes

1. The hardest part is done... always remember to set your make-up. You really don't want hours of work going down the drain because you forgot.

### step 6: Touching Up and Enhancing the Wound

Now that the brunt of the work is complete comes the fun part of applying blood. I prefer to use store bought stage blood and apply it with a fine tip brush. Although any common home-made blood recipe should do the job just as well.

The reservoir we created earlier does a great job of catching the blood.

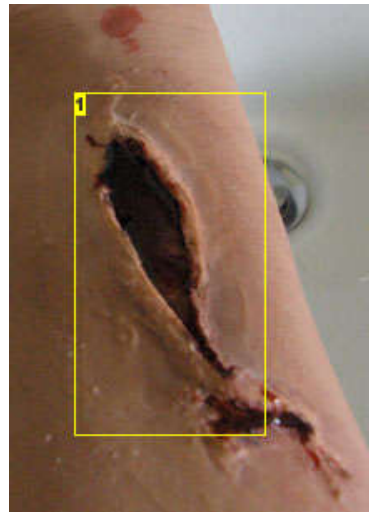
To give it a more traumatic feeling I prefer to dab the wound and area surrounding it with a paper towel to spread and splatter the blood. After, I reapply blood to the interior of the wound.

If you wish, you can stop here since you've achieved a convincing wound. But I wanted to have little pieces of meat and matter inside my wound for a more nauseating look. I did this by saturating an end of a q-tip in stage blood, then pulling loose strands of the cotton from the stick with a push pin and applying it to the wound. The results are quite good.



#### Image Notes

1. \$2 stage blood. For the same price you can make a lot more using items you can find at any grocery store.
2. I drip the blood onto my wound using a fine tipped brush I picked up at the art store.



#### Image Notes

1. The reservoir serves it's second purpose and keeps the blood from making a mess.



**Image Notes**

1. The speckled blood also helps mask any bad blending done in the make-up stage.



**Image Notes**

1. Notice the little pieces of matter floating in the crevice. It's just fibers from the head of a q-tip.



**Image Notes**

1. The final product in all of its glory.

**step 7: Removing the Prosthetic**

Before removing the prosthetic I gently rinse off the blood. Since the make-up has been set it shouldn't wash off. It might fade slightly but that can be retouched when it's applied again at a later time.

After rinsing I remove the prosthetic by rolling the edges towards the center of the wound. Latex tends to stick to itself after curing, so powdering it with talc or baby powder will prevent this. Removing the latex should be relatively easy and painless unless it has been caught in some hair. Do not use any oil based products to remove the latex piece as the oil will break down its structure. You can purchase silicon oil that will remove latex and leave it intact, although shiny. The silicon oil is often expensive and not worth the trouble.

And there you go... you know have a re-usable prosthetic application of a wound that can easily be used at a later time. Although you will need to purchase some spirit gum (and spirit gum remover) to attach the piece to your skin. With a little Liquid Latex to blend the edges and some touch ups on the make-up, the wound can be ready to go again in no time.

I hope you enjoyed this instructable and have learned some valuable information from it. Have fun creating horrendous wounds and scars.

Don't forget to leave comments and show off what you've accomplished using the Instructable.





**Image Notes**

1. The blood rinses off completely without ruining the make up.



**Image Notes**

1. Your own custom made prosthetic... ready to be used again. Trim the rolled up edges to better blend to your skin when reapplying.

## Related Instructables



**Realistic Vampire Bite** by Pull and Twist



**How To Make Zombie Makeup** by indymogul



**BFX Build Plan Kano Metal Face Mask** by indymogul



**How to Make Fake Heads** by indymogul



**Scars with Bubblegum** by loup226



**How to Make a Fake Hand** by indymogul



**Six-armed goddess Kali Costume** by nicemag



**How to Make a Robot Suit** by indymogul



## Comments

50 comments

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**taylorvn** says:

If I did this on my neck (which would be moving a lot more then a forearm), would it not stick as well?

Oct 29, 2008. 5:34 PM [REPLY](#)



**jfearnside** says:

I need to practice doing the makeup better but this instructable is real easy to follow - great job.

Oct 28, 2008. 11:27 PM [REPLY](#)



**collard41** says:  
you could make that look like another body part (any guesses?)  
great effect.  
5\*  
faved

Oct 27, 2008. 3:42 PM [REPLY](#)



**A.C.E.** says:  
i had to slather on the fake blood to cover up my experimentation with makeup..

Oct 21, 2008. 6:21 PM [REPLY](#)



**crafty\_crayons** says:  
eww ah loooks so real ughh.....

Oct 22, 2008. 1:16 PM [REPLY](#)



**A.C.E.** says:  
you really think so or are you being sarcastic?

Oct 22, 2008. 7:20 PM [REPLY](#)



**NJB** says:  
It is actually nauseatingly realistic!

Oct 23, 2008. 1:12 AM [REPLY](#)



**technodude92** says:  
next up...  
compound fractures!  
I'd love to see an 'ible on making fake compound fractures.

Oct 23, 2008. 8:30 PM [REPLY](#)



**collard41** says:  
not nice

Oct 27, 2008. 3:38 PM [REPLY](#)



**fingertrap5** says:  
nice tutorial....here's my first try.

Oct 12, 2008. 12:08 AM [REPLY](#)



**hojop25** says:  
dam thats awesome!

Oct 27, 2008. 3:56 AM [REPLY](#)



**DrWeird117** says:  
AH DANG! Looks real...-

Oct 13, 2008. 6:02 PM [REPLY](#)



**collard41** says:  
dats cool

Oct 27, 2008. 3:37 PM [REPLY](#)



**DrWeird117** says:  
Yeah...

Oct 27, 2008. 4:11 PM [REPLY](#)



**no lol today** says:  
Awesome instructable. I think I'll employ the technique for my own zombie ensemble.

Oct 22, 2008. 12:01 PM [REPLY](#)

For last year's prosthetics I used unraveled green yarn for added depth & texture under my rotted out road burn.  
Definitely going to step it up with some different open wounds.



**senario 158** says:  
that would be great to scare your friends with.

Oct 21, 2008. 8:19 PM [REPLY](#)



**A.C.E.** says:  
the picture is 2d, it doesnt do the real thing justice at all.

Oct 21, 2008. 6:22 PM [REPLY](#)



**A.C.E.** says:  
great instructable! vote

Oct 21, 2008. 6:10 AM [REPLY](#)



**halo-knex-gr8** says:  
you could follow the instructable, or you could be emo  
:)

Oct 19, 2008. 3:30 PM [REPLY](#)

 **minerug** says: Oct 12, 2008. 2:46 AM [REPLY](#)  
Hmmm, I should walk into school one day with this... \*evil laugh\*


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 **thepaul1993** says: Oct 12, 2008. 3:31 AM [REPLY](#)  
then you will get sent home  
HORRAY A DAY OFF

---

 **Redgerr** says: Oct 16, 2008. 7:23 PM [REPLY](#)  
naw it would be hallarious, i might do it too

---

 **minerug** says: Oct 12, 2008. 4:58 PM [REPLY](#)  
lol, but my original plan was to see how many of the idjits at my school noticed it.... 8)


---

 **thepaul1993** says: Oct 14, 2008. 2:48 AM [REPLY](#)  
lol


---

 **minerug** says: Oct 12, 2008. 2:48 AM [REPLY](#)  
But first, What is an alternative to liquid latex?

---

 **eskimojo** says: Oct 13, 2008. 6:51 PM [REPLY](#)  
Good ol' Elmer's glue, not as good but it will get the job done. I haven't personally used it but it's common knowledge among household FX amats.


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 **eskimojo** says: Oct 13, 2008. 7:01 PM [REPLY](#)  
If you have it at hand I've found that cotton balls/swabs work a lot better and yield better results on texture.


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 **megaman** says: Sep 2, 2007. 9:35 PM [REPLY](#)  
where do you get that stage blood thing?


---

 **volund** says: May 11, 2008. 4:00 PM [REPLY](#)  
if you can manage to get it from Simulaids, they sell a high quality fake blood which may be mixed with water to make anywhere from a tablespoon to a gallon, they also sell thickener to make the fake blood thick.  
[www.simulaids.com](http://www.simulaids.com)


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 **eskimojo** says: Oct 13, 2008. 7:00 PM [REPLY](#)  
if you're on the cheap though Corn Syrup, Blue/Red Food Coloring, and Flour will do the same job for much cheaper, the biggest difference between store-bought and home-made is sodium benzoate or any other such preservative.

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 **Pull and Twist** says: Sep 15, 2007. 10:38 AM [REPLY](#)  
You can buy it from any costume shop... or now that Halloween is nearby you can get it from pretty much everywhere.  
For a cheaper solution you could make your own. Just do a web search for Blood Recipes and you'll get a bunch of different ones for all your needs.

---

 **DrWeird117** says: Oct 13, 2008. 6:07 PM [REPLY](#)  
Here's a comparison(my uncle's arm):







**vassxcore** says:

Oct 4, 2008. 10:28 AM [REPLY](#)

i'm having some problems with blending makeup. i used liquid foundation to cover the fake wound but its slightly darker than my real skin tone (i'm real pale). any suggestions for blending that into my real skin? any specific products would help, i'm a guy and know nothing about makeup haha.



**chirpilittle** says:

Oct 9, 2008. 2:45 PM [REPLY](#)

try adding a bit of white powder to the liquid foundation.....



**Ballston Manor** says:

Sep 21, 2008. 1:24 PM [REPLY](#)

Best fake blood recipe I've ever used:

- Caro Syrup (thick corn syrup..check your grocery store's baking aisle)
- 1 packet black cherry flavored Kool-Aid

The quantity you wish to make determines the recipe. Just pour some Caro Syrup in a bowl, and slowly add Kool-Aid mix until you get a color you like.

WARNING - This mixture WILL stain clothes, the sofa, the dog, or anything else it touches. You can get it off your skin with soap and hot water, but be sure you want to dye anything else you bring it near.



**dntfeatherrepr** says:

Sep 19, 2008. 10:15 AM [REPLY](#)

It worked great, thanks!



**Dramatic Imagery** says:

Sep 2, 2008. 10:53 AM [REPLY](#)

Nice gruesome FX work everybody! =)

If you Google "It Envies the Living", you'll get a chance to see some of my work.



**mowie** says:

Jul 4, 2008. 10:13 PM [REPLY](#)

you could use small 5mm round bits of balsa wood for bones



**doopits** says:

Aug 10, 2008. 1:38 AM [REPLY](#)

One suggestion I saw on a zombie website was to use white candles, because you can carve them as you want.



**xroryggsx** says:

Jun 10, 2008. 9:22 AM [REPLY](#)

i did this tonight in practice for a party friday night. :)  
what do u think?





**bounty1012** says:  
it kind of looks like a lizard

Jun 23, 2008. 5:30 PM [REPLY](#)



**Ace Benedict** says:  
I think I know how emos cut themselves now...

Jun 12, 2008. 1:37 PM [REPLY](#)



**doopits** says:  
Thankyou so much!

Jun 9, 2008. 3:20 AM [REPLY](#)

I'm building these on medical tape (for a less painful removal) for my friends for Melbourne zombie walk - which is why the blood is so dark. This is just a test wound, so the makeup/blending is pretty limited.



**doopits** says:  
sorry, here's the image. Again, thank you.

Jun 9, 2008. 3:21 AM [REPLY](#)



**mymilkshakes118** says:  
the smelly latex was kind of a bonus on halloween i made two and my friend said it smelled like rotting flesh

May 11, 2008. 4:33 PM [REPLY](#)



**volund** says:  
Cold cream will help remove the fake blood (which stains)

May 11, 2008. 3:58 PM [REPLY](#)

-just rub the cold cream into the skin around the latex prior to applying blood, and your arm will not be stained pink for a week or more.



**Jenn9o** says:  
Thanks, this really helped me out a ton =)

Oct 3, 2007. 8:48 AM [REPLY](#)



**Superjustin18** says:  
!!! Thats =CRAZY=

May 11, 2008. 2:18 PM [REPLY](#)



**saintshortckt** says:  
that is OFF THE HOOK man! great job!

Oct 29, 2007. 7:29 AM [REPLY](#)



**Pull and Twist** says:

Oct 4, 2007. 11:18 AM [REPLY](#)

You're welcome... it turned out real well if you ask me. It makes me shudder when I look at the little clumps of meat inside the wound.

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