**Tips**

* Phantom shell construction:
  + Remove all 3D-printin supports and residues from all surfaces.
  + Smooth surfaces carefully by sanding.
  + Waterproof inner surfaces with epoxy (e.g., Smooth-On XTC-3D).
  + Glue the two parts of the shell together with epoxy or by plastic welding.
  + Reinforce exterior surfaces with epoxy and fiberglass.
  + Wash the inside of the phantom thoroughly.
* Mixture preparation:
  + Ensure that no contaminating particles can fall into the mixture.
  + Place large container on a hot plate and add water.
  + Turn the hot plate on and wait for temperature to reach 60deg.
  + Start stirring and do not stop during the whole process. Avoid splashing.
  + Add salt and dissolve it.
  + Add sugar gradually, dissolving each portion.
  + Add agar when the temperature has reached 90 deg and dissolve it.
  + Turn hot plate off. Continue stirring.
  + Add mouthwash and stir for a few minutes to homogenize the mixture.
  + Continue stirring for some time to prevent the mixture from burning at the bottom of the container.
  + Wait for temp to reach 60 deg.
  + Pour the mixture into the phantom avoiding bubbles.