

Mastectomy Pillows

Pillow Pattern:

Fabric: White or cream 100% cotton, washed and dried with **unscented product**. A piece that measures 45" x 43" will make 10 pillows.

Stuffing: Soft Loft-polyester from Fabricland works well. Always use **NEW** stuffing. Stuff in small increments so as to avoid lumps and not too much. It should feel comfortable under the arm.

Step 1: Cut 5 strips 9" wide the width of the fabric. Sub cut each strip 21.5" to make ten.

Step 2: Fold each strip in half. Sew a 1/4" seam allowance on three sides leaving an opening at the top for turning and stuffing.

Step 3: Turn right side out and stuff lightly and evenly without lumps, Top stitch the opening to close. Finished size – 8.5" x 10.5"

Pattern for Pillow Case:

Finished size: 10" x 13".

Fabric: 100% cotton print washed and dried with **unscented product**. Fat quarters works or a piece 16" x 40" will make two cases.

Ribbon: 1/4" pink satin ribbon cut 26" long for each pillow case. (Flame the ribbon ends so they don't fray).

Step 1: Cut fabric 20" x 16". Fold 3" down on the 20" length of the fabric WST and press. Open and overcast each 3" side. This is the top.

Step 2: Make Ribbon Casing: Fold over a 1/4" on the top 20" side that you just over caste. Press. Fold down to the 3" fold mark WST and top stitch in place Thread the ribbon through the casing but don't tie yet.

Step 3: Fold the fabric in half, RST, and overcast the bottom and sides together.

Step 4: Turn right side out and tie a knot in the ribbon. Insert pillow into a pillow case with an extra pillowcase along with Guild address and instructions for use (below).



This mastectomy pillow may be used as follows:

- * Between the seat belt and the chest.
- * To support your arm over your chest when lying down.
- * Between the arm and the chest when sitting or lying on your side.