

Cardiac 'Huggy'/Heart-Shaped Pillow Construction Instructions

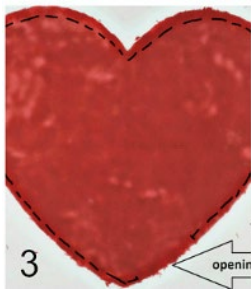
Huggy pillows are distributed to inpatients who undergo heart surgery to not only provide a comforting touch, but for the patient to hug the pillow to support their chest area when they cough, sneeze, or laugh to relieve the pressure. These pillows can also be used between the patient and the car seat belt when they are going home. Red or pink, or gender and age-neutral patterns and colors are highly recommended and preferred so they can be used for all patient populations throughout UI Health Care.

Supplies

- Two pieces of cotton or hypoallergenic fabric to make a 15"x17" heart
- Fiberfill for the inside of the pillow

Directions for a heart-shaped pillow

1. Cut each piece of fabric into a simple heart shape, approximately 15"x17" (big enough for a patient to clasp to their chest)
2. Place both pieces of fabric together with the right sides together. Pin along the outer edges, leave a 5" opening at the bottom on the side
3. Sew around the heart with a 3/8" allowance



4. Cut a small slit into the center dip of the top edge of the heart to prevent some bulk when turning the pillow right-side out



5. Turn the heart right-side out and stuff with fiberfill. Do not overstuff the pillow as this will be too firm for patients to use. Push the filling far enough into the pillow so the opening can be pinned and sewn closed. Remove any pins.