

## Single Mastectomy Pillow Instructions

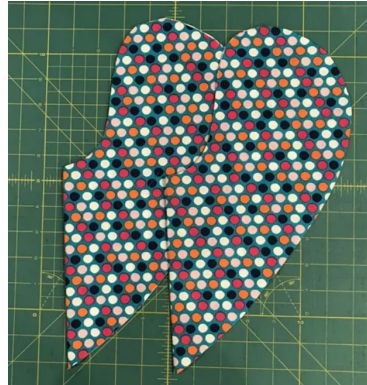
Mastectomy pillows are distributed to patients who undergo a mastectomy or lymphadenectomy as part of their cancer treatment. This simple pillow can bring a great deal of comfort and is used to provide underarm support and protection to sensitive areas. Red or pink, or neutral patterns and colors are highly recommended and preferred.

### Supplies

- Two 15"x15" pieces of 100% cotton or hypoallergenic fabric
- Fiberfill for the inside of the pillow
- Pins or sewing clips to secure fabric
- Rotary cutter and mat, or scissors
- Sewing machine

### Directions for a single mastectomy pillow

1. Cut out the pattern pieces from page 3. Overlap the bottom of P1 with the section marked on P2 and tape them together
2. Fold one 15"x15" piece of fabric and cut out the pattern from step 1. Repeat with the second piece



3. Open each piece of fabric and place them on top of each other with the right-side in. Clip or pin the two pieces together



4. Using a  $\frac{1}{4}$ " seam, sew the two pieces together, leaving a 3" opening at the bottom on the side to allow space for adding the filling

5. Clip the edges of the center dip in the heart to help keep a smooth shape once stuffed



6. 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 using a ladder stitch. Remove any pins.



\*This pattern was found on [CREATE TO DONATE](https://www.create-to-donate.com/)

OVERLAP

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1"

P2

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P1

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