

Surgeon's Scrub Cap – DIY Step By Step Tutorial



You will need:

Paper to make the pattern – all measurements are in inches

9 inches of cotton fabric – standard 44 inch width

3 inches of elastic band

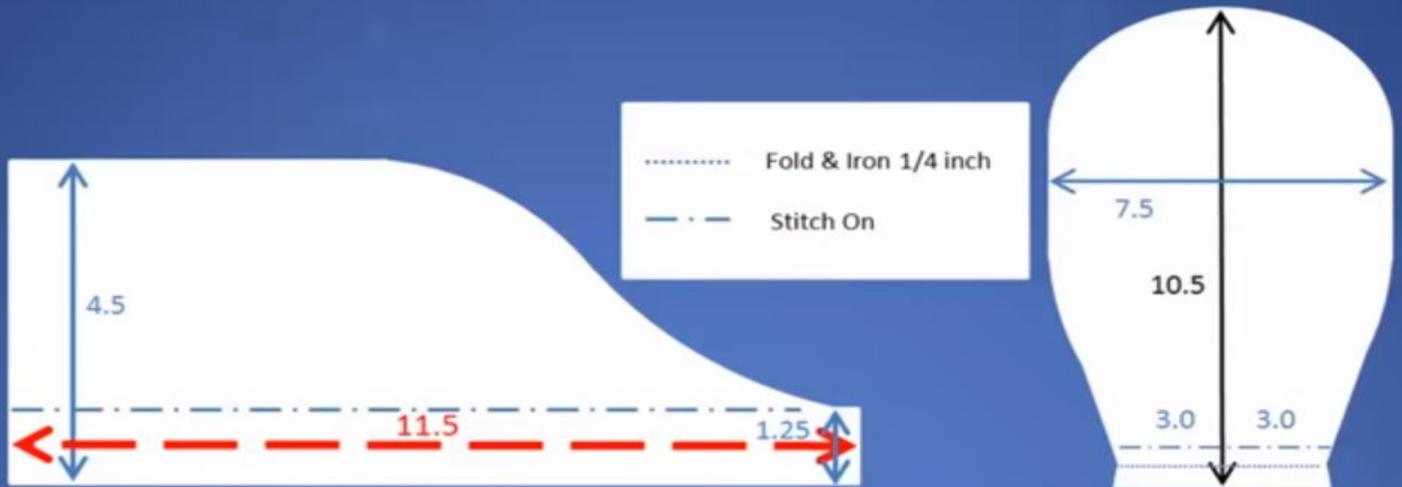
39 inches of bias tape

Black and orange thread

Please wash, dry and iron fabric before you start cutting – it will shrink



Make Your Paper Pattern Using Measurements In Inches



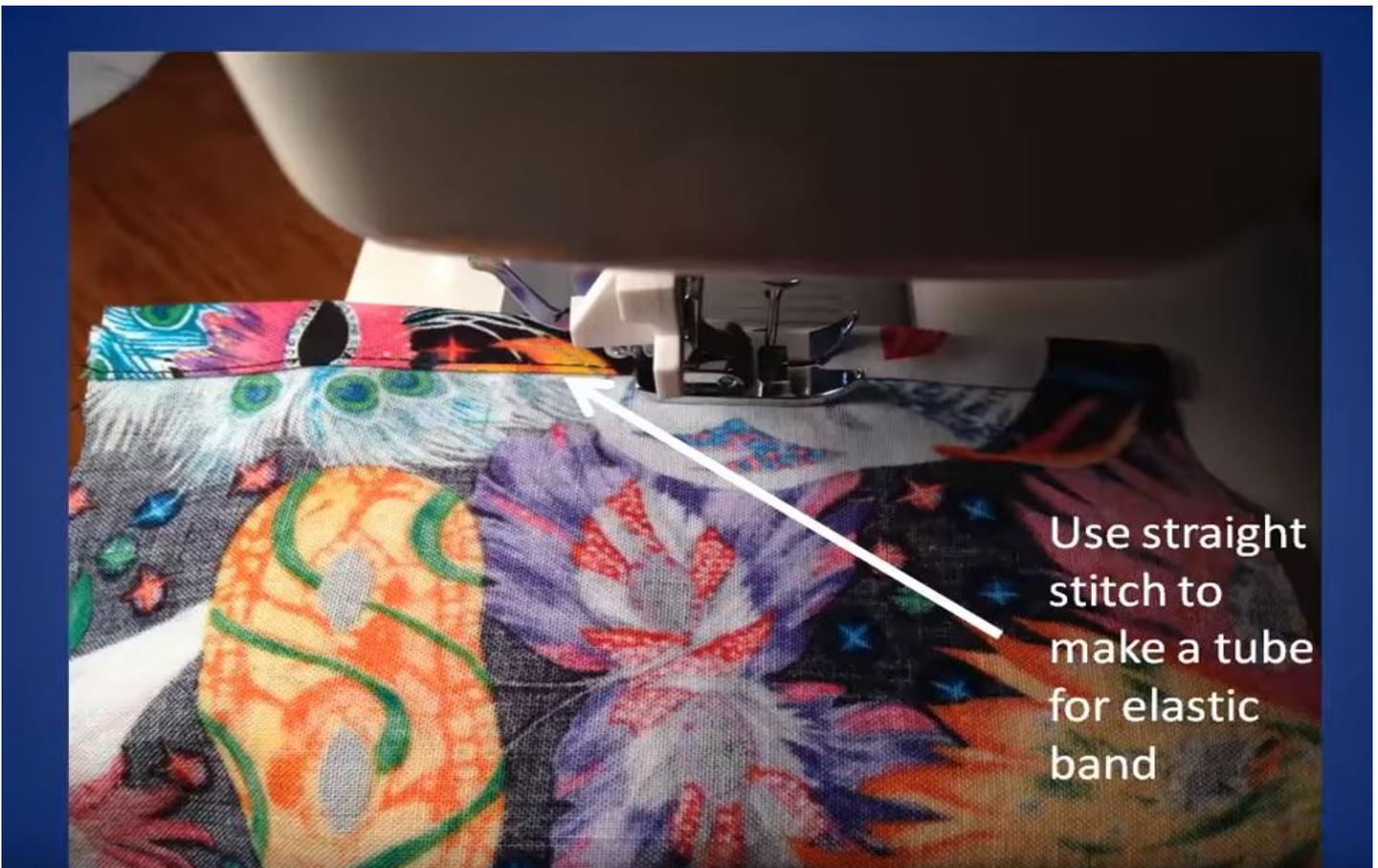
After you cut the fabric, use hot iron to fold the bottom of top part of your cap first one time, then the second time to create a tube for elastic band



Iron to fold one time

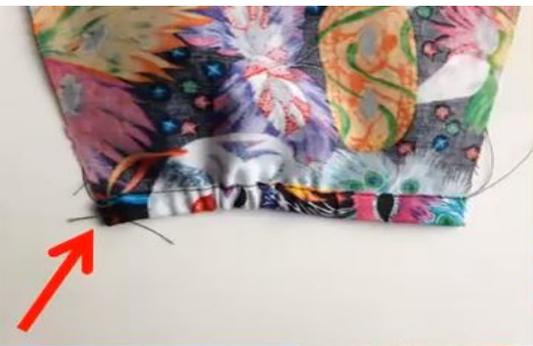


Iron again to fold the second time



Use straight stitch to make a tube for elastic band

Cut 3 inches of elastic band and attach a safety pin to one end of it – next step is to secure elastic band inside the tube of fabric



Stick elastic band (safety pin first) into the fabric tube and move it toward the other end. When the end of elastic will align with end of your fabric tube, secure it with a pin



When your safety pin is out of the fabric tube and the second end of elastic band aligns with the end of fabric tube, secure elastic band with a pin

Once both edges of your elastic band are secured with pins, remove safety pin





Fold the top of your cap part in two length wise, find the middle and mark it with a pin

Then fold the side part of your cap in two width wise, find the middle and mark it with a pin

Put the top of cap part and the side of cap part together face to face and align the middle pins. Pin top part and side parts of your cap together in that point.



With side part of your cap being on top, pin it to the top part of your cap. Pins should be $\frac{3}{4}$ of an inch apart.



Use straight stitch $\frac{1}{4}$ inch from the fabric edge to connect the top part of your cap and the side part together – side part is on top. Pull pins out before they reach the needle. Use your fingers to hold fabric in place and together.

When you finish the straight stitch, flip the cap over, change settings to zigzag and stitch around the top of cap – keep your needle on the fabric



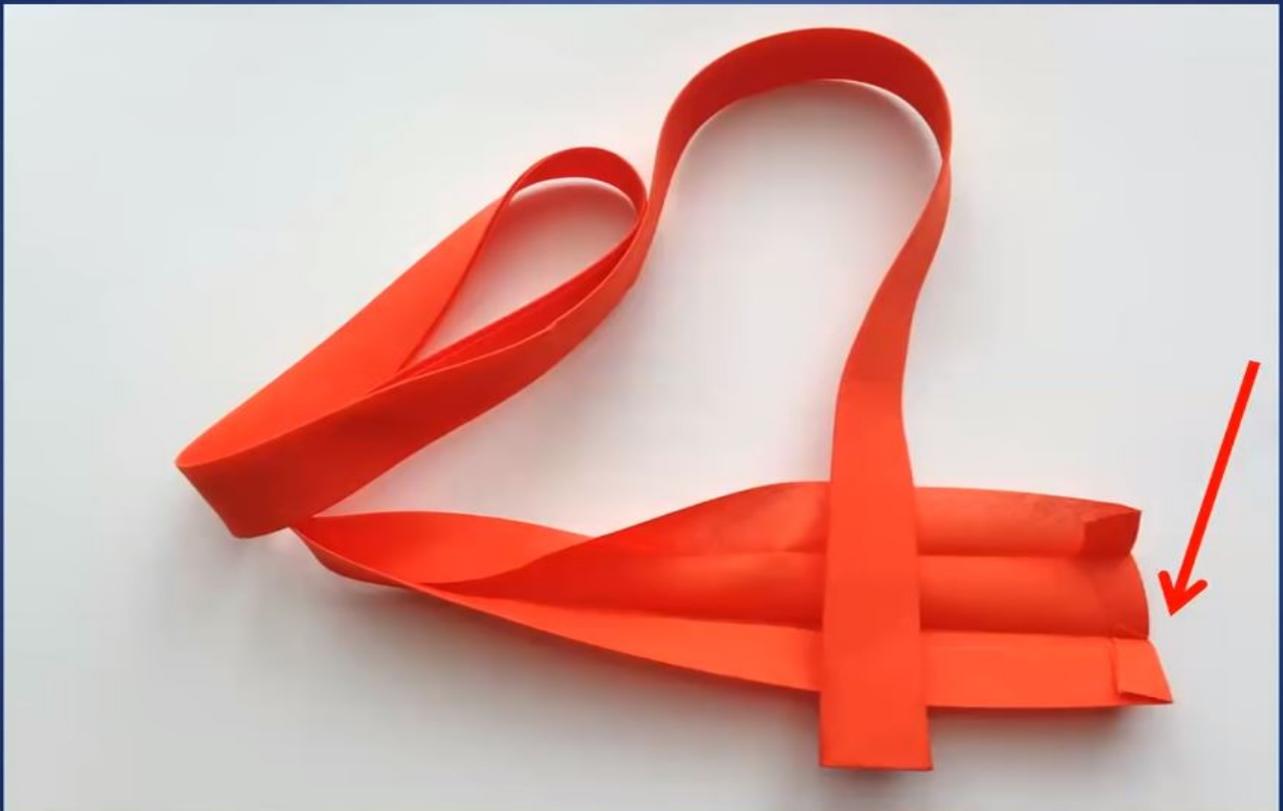
Do zigzag stitch all the way around the connection of top and side parts of the cap, then use hot iron to iron the seam toward the side part of your cap .



Starting at elastic band, make a decorative finishing stitch along the seam which connects top part of the cap to the side part of your cap.



Use hot iron to fold edges of bias tape so they interlock and folds are hidden



Find middles of the side part of your cap and bias tape and mark them with pins. Now pin bias tape to the side part starting with the middle pins.



Starting at elastic band, pin one side of bias tape to the side part of your cap, pins should be $\frac{1}{2}$ inch apart



Now you are ready to make a zigzag stitch along the edge of bias tape. I use zigzag stitch to ensure my seams don't break when my surgeon pulls on ends of cap in a hurry.



Start your zigzag stitch at the end of one tie, go all the way around the edge of your scrub cap and finish at the end of the other tie.



Congratulations!

This is your finished cap – this is how the back of your cap looks with ends tied together – zigzag seam looks really nice.

