

General Instructions

- Machine wash and dry fabric before cutting.
- Cut items on the straight grain of the fabric.
- If the fabric has an obvious one-way design, follow the instructions for cutting 2 pieces of fabric rather than one piece of fabric and ensure you stitch the pieces together so the design is in the same direction on both pieces of fabric.
- Make cardboard templates for the pattern pieces if making several of an item at one time.
- To ensure seams are neat and flat, **seal seams by pressing them flat before pressing them open.** *Press* is shorthand for this process.
- Use gray or beige thread if matching thread is not available.
- Use binder clips to hold thick fabric when pins do not work.
- To prevent loose threads from being exposed or unraveling, thread loose threads into a needle, insert the needle between layers of fabric, and pull the needle through; tug on the threads and trim.
- Piece fabric for straps using diagonal seams.
- Use ½” seams unless otherwise noted.
- Useful tools
 - Hump jumper/point turner
 - Point presser
 - Sleeve board
 - Sleeve roll
 - Kitchen scale

Seat Belt/Port Pillow: This small pillows attaches with Velcro to a seat belt to keep the seat belt from irritating the affected area. This pillow provides a soft cushion against a patient’s chemotherapy port or sensitive skin from radiation. They are easily moved from the driver’s side to the passenger side of the vehicle. Pillows can be spot cleaned with warm, soapy water.



Supplies

| Item | Dimensions | Number | Textile |
|----------|------------|----------------------------------|--|
| Pillow | 5” x 10” | 2 | 100% cotton, 100% linen, 100% silk, cotton/linen blend |
| Straps | 3” x 3/4” | 2 hooks (hard) 2 loops (soft) | Velcro |
| Stuffing | 12g | | 100% polyester fiberfill |

Construction Order

- **Straps**
 - Place the hooks face up on the right side of one long side of the pillow 2 1/2” from the ends of the pillow and extending 3” from the edge toward the center of the pillow.
 - Place the loops face down on the right side of the other long side of the pillow 2 1/2” from the ends of the pillow and extending 3” from the edge toward the center of the pillow.
- **Pillow**
 - Align the sides and ends of the pillow with right sides together.
 - Stitch the two sides and one end. Stitch across the straps, backstitch across the straps, and stitch again.
 - Trim the corners on the stitched end of the pillow.
 - Press.
 - Fold down 1/2” on the open end of the pillow and press.
 - Turn the pillow right side out.
 - Stuff the pillow loosely with fiberfill. Do not pack the fiberfill into the pillow.
 - Stitch the open end of the pillow closed.

Drain Bags

Drain bags are small bags used to support drains inserted during surgery. Tie them around you for support and to keep the drains from pulling uncomfortably. Typically, two drain bags are provided so there is always a fresh one. Machine or hand wash.



Supplies

| Item | Dimensions | Number | Textile |
|--------|------------|--------|--|
| Bag | 7 ½" x 17" | 1 | 100% cotton, 100% linen, 100% silk, cotton/linen blend |
| | or | | |
| | 7 ½" x 9" | 2 | |
| Ribbon | 30" | 2 | 1/4" or 3/8" satin or grosgrain |

Construction Order

- If using two pieces of fabric, align the sides and ends of the fabric with right sides together and stitch one short edge. Press. The fabric is now 7 ½" x 17".
- Fold down 1" on both short ends of the bag and press.
- Fold down ½" on both short ends of the bag by bringing the edge to the crease and press. This will make a double ½" hem.
- Unfold the hem.
- Align the end of one piece of ribbon with the side edge of the bag and 1 1/8" from the top edge. The ribbon is to the inside of the bag. Repeat for the other side.
- Align the ends and sides of the bag with right sides together.
- Sew the side seams of the bag. Reinforce the area where the ribbon is attached by stitching over the area where the ribbon is attached, backstitching, and stitching again.
- Trim the bottom corners.
- Press.
- Fold down the double hem and topstitch close to the folded edge approximately 3/8" from the top of the bag. Ensure the ribbon is not caught in the topstitching.
- Turn the bag right side out; press.

Pillows & Pillow Cases

A small pillow that is the perfect size cushion between a patient's arm and site of breast surgery to avoid uncomfortable rubbing or pulling on a patient's drain. Also used to rest a patient's arm on during chemo or to rest head on to relax. Pillow cases are machine washable.



Supplies

| Item | Dimensions | Number | Textile |
|----------|------------|--------|--|
| Pillow | 9" x 17" | 2 | 100% cotton, 100% linen, 100% silk, cotton/linen blend |
| Stuffing | 60g | | 100% polyester fiberfill |

Notes

- If using a pillow case, use muslin or other light weight white/off white fabric for the pillow or coordinate the fabrics used for the pillow and pillow case.
- If not using a pillow case, use colorful fabric for the pillow.

Construction Order

- Align the sides and ends of the pillow with right sides together.
- Stitch the two sides and one end.
- Trim the corners on the stitched end of the pillow.
- Press.
- Fold down 1/2" on the open end of the pillow and press.
- Turn the pillow right side out.
- Stuff the pillow loosely with fiberfill. Do not pack the fiberfill into the pillow.
- Stitch the open end of the pillow closed.

Pillow Cases

Supplies

| Item | Dimensions | Number | Textile |
|-------------|------------|--------|---|
| Pillow case | 25" x 25" | 1 | 100% cotton, 100% linen, 100% silk, cotton/linen blend |
| | or | | |
| | 25" x 13" | 2 | |

Construction Order

- If using two pieces of fabric, align the sides and ends of the fabric with right sides together and stitch one long edge. Press. The fabric is now 25" x 25".
- Fold down 6" on one end of the pillow case and press.
- Fold down 3" by bringing the edge to the crease and press. This will make a 3" double hem.
- Unfold the hem.
- Fold the fabric in half lengthwise with right sides together.
- Stitch one end and the side.
- Trim the corners on the stitched end; press.
- Fold down the double hem and topstitch close to the folded edge approximately 2 7/8" from the top of the pillow case; press
- Turn the pillow case right side is out; press.

Eye Bags

This rice-filled bag is used to cover a patient's eyes and help her/him relax. It can be used hot or cold by heating 30 seconds in the microwave or leaving in the freezer overnight. Do not wash.



Supplies

| Item | Dimensions | Number | Textile |
|--|------------|--------|--|
| Bag | 5" x 10" | 2 | 100% cotton, 100% linen, 100% silk, cotton/linen blend |
| Rice | 1 ½ cups | | |
| Dried lavender, dried chamomile, or essential oils | | | |

Construction Order

- Align the sides and ends of the eye bag with right sides together.
- Stitch the two sides and one end.
- Trim the corners on the stitched end of the eye bag.
- Press.
- Fold down 1/2" on the open end of the eye bag and press.
- Turn the eye bag right side out.
- Fill the eye bag with rice; use dried lavender, dried chamomile, or essential oils as desired.
- Stitch the open end of the eye bag closed.