

Mastectomy Pillow

Finished Size: 9" x 13"

Fabric Requirements, Makes 2

For Pillow, no insert:

- 12" x WOF*, Cuddle® 3

For Pillow Cover, with insert:

- 12" x WOF*, Cuddle® 3
- 2 (12" x 30") print or solid cotto

Suggested Notions

- Polyester stuffing
- 5" hook & loop tape, for Pillow Cover
- Polyester thread
- 90/14 stretch machine needle
- Optional: Dritz Wonder Tape, ¼"

Cuddle® Basics

- Use ¼" seam allowances.
- Use a 90/14 stretch machine needle.
- Increase stitch length to 3–4 mm.
- Use polyester thread: top and bobbin.

How to Wash Cuddle®

- Machine wash on gentle; use cool water and no fabric softener.
- Dry on low heat about ten minutes.
- Hang until dry.

DIRECTIONS

Prepare the Templates

Trace the template. Mark the fold.

Cut the Pillow Pieces

Cut all pieces on the fold.

Pillow, no insert

From Cuddle®, cut:

- 2 of Heart**.

Pillow Cover, with insert

From Cuddle®, cut:

- 1 of Heart**.
- 1 of Heart Top**.
- 1 of Heart Bottom**.

From cotton, cut:

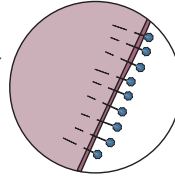
- 2 of Heart**, for insert.

* WOF = width of fabric

**Use template

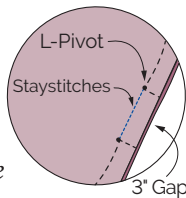
PILLOW, no insert

1. Mark a 3" turning gap on side edge of one of the Hearts.
2. Staystitch between the marks. Staystitch a corresponding gap on the other Heart.
3. With right sides together, pin Hearts together with the pins perpendicular to the edges. Leave turning gap open.

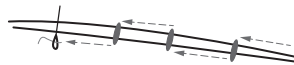


4. Stitch around the Heart, sewing L-Pivots at the gap.

Note: The L-Pivots secure seam ends as the pillow is turned and helps the seam allowance turn in at the gap.



5. Turn the Pillow right side out. Stuff lightly.
6. Pin the turning gap closed. Hand sew with a ladder stitch.

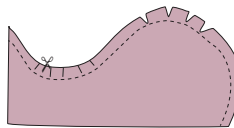


Ladder Stitch: Use polyester thread and a hand sewing needle to catch one side of the opening, then the other. Tighten every few stitches.

PILLOW COVER, with insert

Make the insert

1. Follow the above instructions, sew the cotton pieces together.
2. Clip or notch the curves to ease turning.
3. Turn the Pillow, stuff lightly, and hand or machine sew the gap.

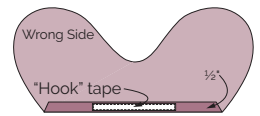


Make the Pillow Cover

1. On the Heart Top, fold up ½" along the bottom edge to the wrong side.
2. Pin in place.

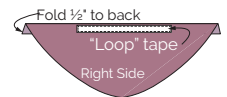
Note: If desired, use Dritz Wonder Tape to hold the fold in place.

3. Center the "hook" side of the tape on the folded edge of the Heart Top.



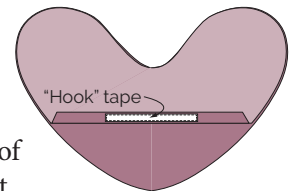
4. Stitch the outer edge of the tape.

5. Fold ½" to the wrong side of the Heart Bottom.



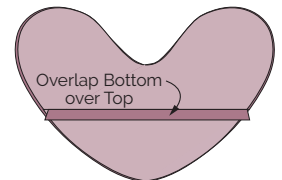
6. Center and stitch the outer edge of the "loop" tape to the right side of the folded edge.

7. Lay the full Heart piece right side up on a flat surface.

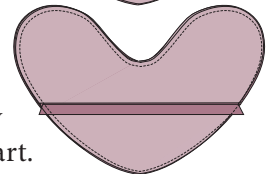


8. Align the Heart Top with the top of the full Heart.

9. Overlap the Heart Bottom on the Heart Top, this time aligning the bottom edges.



10. Pin around the outer edge.



11. Sew completely around the Heart.

12. Turn the completed Pillow Cover right side out.

13. Slide insert through the opening.

MASTECTOMY PILLOW
Heart Template

Print @ 100%
Cut all pieces on fold

PILLOW—NO INSERT
Cut 2 Heart Templates

PILLOW COVER—WITH INSERT
Cut 1 Heart Template
Cut 1 Heart Top
Cut 1 Heart Bottom
*Plus: Cut 2 of Heart Template
from cotton for insert*

NAP
↓

Cutting line for Heart Bottom

Cutting line for Heart Top

FOLD



To watch a video tutorial on making the Mastectomy Pillow, scan on the QR Code above or enter the URL below in your browser.

<https://www.youtube.com/watch?v=CymMHqaTiWg>

