

HOW TO SEW MASTECTOMY PILLOWS

- The pattern should print out to fill an 8-1/2" x 11" piece of paper.
- You may want to trace the pattern onto thick cardboard to make it easier to trace the pattern onto the fabric multiple times.
- You may also want to print two copies of the pattern to trace an entire heart onto fabric so you don't have to fold the fabric. It's a little easier to arrange the hearts on the fabric to get the most hearts out of a piece of fabric.
- We send our pillows out in sets of two so please make at least two pillows in the same material to have a matching set.
- Please use soft material if possible. You can use fabric with a pretty design on one side and use flannel on the other side. You may also use the same material for both sides, but the flannel provides a softer, more comfortable area for the person using the pillow.
- Fold fabric with right sides together. Place pattern on the wrong side of the fabric and on the fold of the fabric, trace, and cut it out. Or trace an entire heart onto the wrong side of an unfolded piece of fabric.
- If you folded the fabric, unfold it and place the two heart-shaped pieces of fabric together with the right sides together. Machine sew around the edge of the heart. Leave a 4" or 5" opening on one side to allow for stuffing.
- Turn pillow case right side out and stuff with Polyfil. Please stuff the pillow to be full enough so it can provide the best support.
- Fold the opening edges inward to form a little hem and hand-stitch the opening closed.



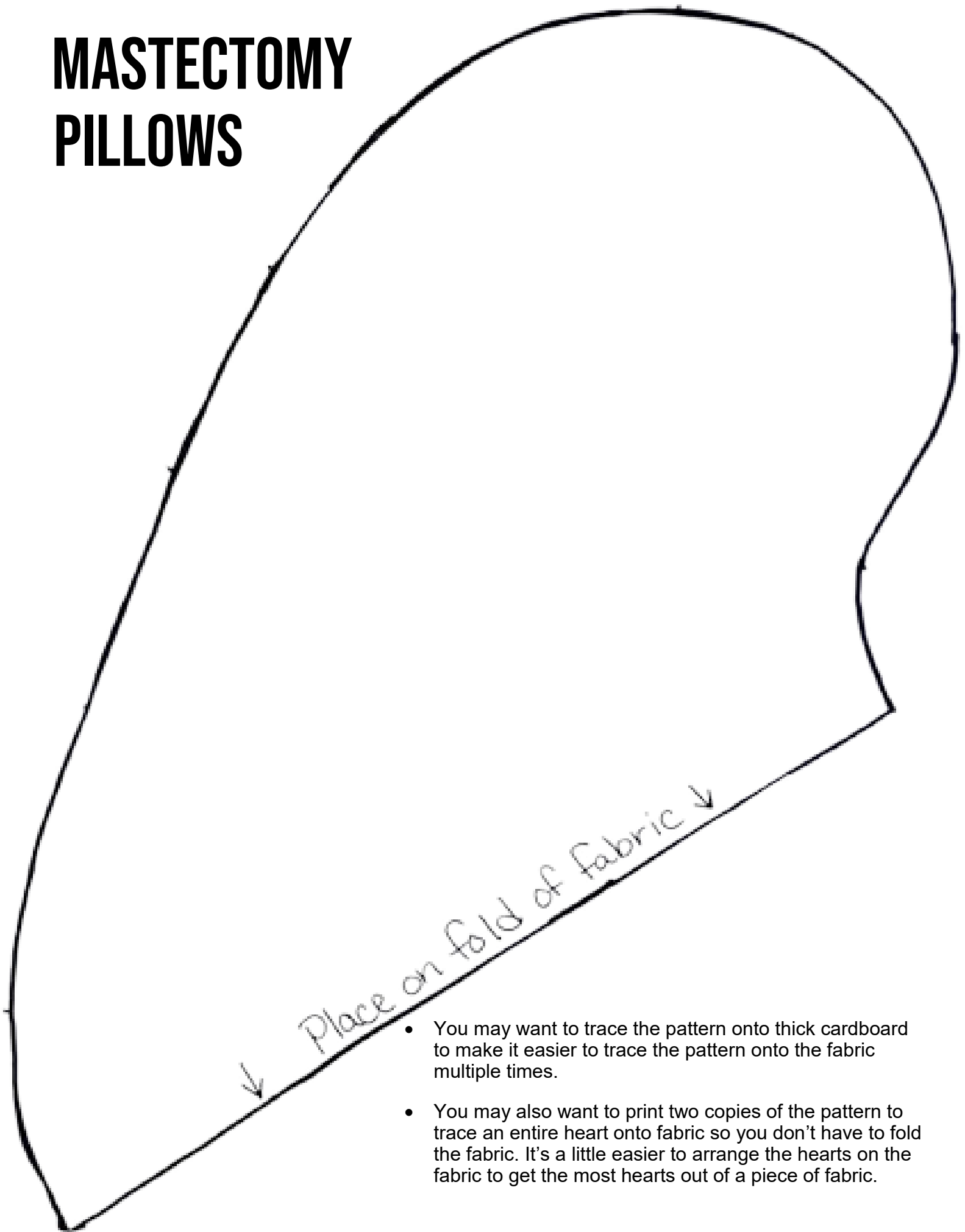
****You may sew the pillows without stuffing them, especially if you are mailing them to us. We can stuff them and sew them closed if needed.****

Thank you for sewing mastectomy pillows!

If you are mailing the pillows (unstuffed), please mail to 104 E. Haven Pines Road, Mill Hall, PA 17751 because we are unable to receive packages at our office.

If you would like to drop pillows off at our physical office, please email info@boh4bc.org or text 570-502-2524 to make arrangements to drop them off because we are not in the office every day.

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