

# Mastectomy Pillow

Following surgery and radiation, breast cancer patients have tender skin. This heart-shaped pillow is just perfect for tucking under the arm to prevent rubbing. It should be lightly stuffed with polyfil. The pillow fabric should be made from soft cotton, fleece, or even very short imitation fur.

Enlarge the pattern onto a piece of paper, one square equals one inch, add 5/8" all around for hems. With right sides together, sew all around, leaving a space between the blue marks for turning and stuffing. Prior to turning, clip curves to make them smoother when turned. Turn, stuff lightly and hand-sew between blue marks.

