



Mastectomy Pillow

Worn under the arm post surgery to protect the surgical site.

Designed by Kitty Crawford

Materials:

- 1/3 yard fleece fabric, prewashed.
- Polyfill stuffing
- Hand sewing needle
- Thread to match fabric

Directions:

1. Putting pattern on fold of fabric as indicated, cut two identical pieces
2. With right sides together, using a 1/2" seam sew around the pillow, leaving an opening large enough to turn the pillow out and add the stuffing.
3. Turn out, add stuffing and stitch the opening closed.

**Place on fold and cut
two identical following
directions on page 1.**

PLACE ON FOLD

OPENING FOR TURNING AND STUFFING