



For nipple:
 Cut a 1" x 10" strip.
 Tie an overhand knot in the center.



Boobie Buddie

Sewn Mastectomy Prosthesis

Design by Kitty Crawford

Materials:

- Cotton Knit Fabric – ¼ yarn will make at least three
- Polyfill Stuffing
- Circle Pattern (page 3)
- Micro Beads in a Small Pouch for Weight (optional)
- Hand sewing needle
- Matching sewing thread

Into the center of the top circle, cut a very small snip. Push the knot through the hole, it will be a tight fit.

Tack the edges of the nipple strip to the edge of the top circle and around the opening where the knot was pushed through the tiny opening.

From the pattern cut one (1) top and one (1) base:

Top		Base		Size
C	+	D	=	Small
B	+	C	=	Medium
A	+	B	=	Large

You could also put A on C and B on D for a fuller boobie.



Sewing:

Use a serger or a very narrow lengthened zigzag stitch.

Use a 1/4" to 3/8" seam allowance.

Sew with top circle on bottom so feed dogs will help.

Two ways to sew:



1. Gathered

Put a pin in each quarter sew with larger circle below and gently stretch to even the edges as you sew.

Leave a 1 1/4" – 1 1/2" opening for stuffing.

DO NOT CLOSE THIS OPENING AS IT WILL BE USED TO ADJUST SIZE.



2. Darts

You can make 3 or 4 evenly spaced darts to accommodate the size difference – they will be small.

Leave a 1 1/4" – 1 1/2" opening for stuffing.

DO NOT CLOSE THIS OPENING AS IT WILL BE USED TO ADJUST SIZE.



Stuffing

Fill with poly fiber fill and add optional poly beads for weighting prosthesis for life-like feel and movement. It is best to err on the side of too much fill, rather than too little and then the recipient can made adjustments to fit her body needs.



Boobie Buddy Circles

Cut fabric according to the chart on page one.

