# **INSTRUCTIONS - PORT PILLOW**

### **How It's Used**

A port pillow is a small, rectangular pillow that chemotherapy patients can use with a seat belt to relieve pressure and possible irritation around the skin port. It can also be used around the strap of a purse or bag to make carrying things more comfortable.

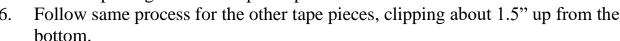


#### **Materials**

100% cotton fabric Hook & Loop Tape (i.e., Velcro, not sticky back kind)

## **Instructions**

- 1. Cut two pieces of fabric, 4" x 7"
- 2. Cut two pieces of hook and loop tape, each 3.5" in length.
- 3. Place one piece of fabric, right side up.
- 4. Line up short edge of tape <u>soft side</u> to right long edge of fabric, 1.5" down from the top. Soft side of tape faces <u>DOWN</u> against fabric. Clip into place.
- 5. Line up short edge of tape <u>rough hook side</u> to left long edge of fabric, 1.5" down from the top. Rough side of tape faces <u>UP</u>. Fasten tapes together and clip into place.



- 7. Baste tape to fabric edges with 1/8" allowance.
- 8. Place other piece of fabric, right side down, onto fabric with tape (right sides together). Clip around to hold altogether.
- 9. Leave a 2-3" turning hole on a short edge, and sew 1/4" seam all around, backstitching. Be sure not to catch the overlapping tape from the other side as you stitch! Clip corners of fabric to reduce bulk.



- 10. Turn the pillow right side out.
- 11. Stuff the pillow to medium firmness.
- 12. Whip stitch by hand or top stitch with 1/8" allowance by machine to close turning hole.

## **Notes**

- Basting the tape is not required but it makes the overall process easier to manage so the tape doesn't move around when sewing all the pieces together.
- You can cut one long strip of fabric 4" x 14" and fold it over. But if you want to use up scrap fabrics, cut two pieces 4" x 7".
- It's easier to stuff the pillow if you unhook the velcro pieces.