

## 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 soft side to right long edge of fabric, 1.5" down from the top. Soft side of tape faces DOWN against fabric. Clip into place.
5. Line up short edge of tape rough hook side to left long edge of fabric, 1.5" down from the top. Rough side of tape faces UP. Fasten tapes together and clip into place.
6. Follow same process for the other tape pieces, clipping about 1.5" up from the bottom.
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.



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### **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.