

INSTRUCTIONS – HEART PILLOW (for mastectomy patients)

Use: Under the arm or across the chest under a seatbelt.

Materials

Pattern – see attached (print at 100%)

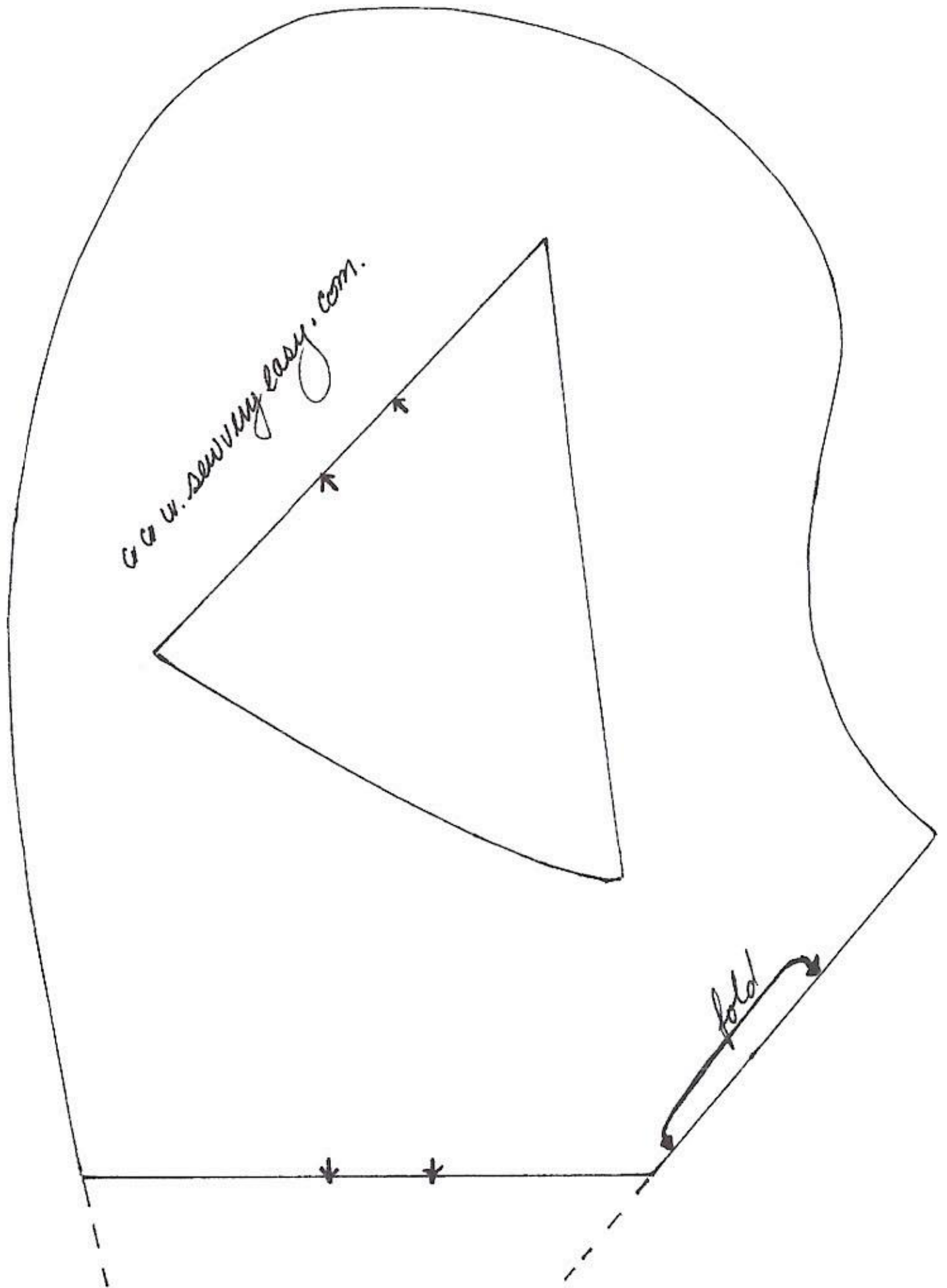
Fabric – soft cotton or flannel. 1/2 yard, 44” wide will make at least one pillow.

Stuffing



Instructions

1. The small triangle in the middle of pattern needs to be cut out separately and attached to bottom of the pattern. You may want to make a stiffer pattern from cardboard.
2. Place the pattern edge on the fold as noted. Cut 2 for front and back.
3. With right sides together, sew 1/4" seam around leaving about 3" to 4" opening on one side.
4. Clip curved seams. Turn.
5. Stuff so the pillow is “soft and squishy.”
6. Sew up the opening, either by hand, or by machine with a very small seam (no larger than 1/8”).



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fold

