



# Mastectomy Pillow

adapted by Teresa Coates  
original pattern by Laura Coia of Sew Very Easy  
[https://youtu.be/Z072j-\\_S1d4](https://youtu.be/Z072j-_S1d4)

- Cut 1 full heart on fold
- Cut 1 top heart on fold
- Cut 1 bottom heart on fold
- OR
- Cut 2 full hearts on fold

### Strap:

Cut strip about 3" wide by a bout 14-15 inches long.  
Fold long ends to center, press  
Fold again to seal all long edges inside. Stitch both long sides.

No need to use  
"Cuddle" fabrics.  
Cottons are fine.

XXXXXXXXXXXXXXXXXXXX  
 XXXXXXXXXXXXXXXXXXXX  
 Sew with a 1/4" seam allowance, leaving a 3" gap.  
 Clip curves and turn right side out.  
 Stuff with poly-fil as full as desired; hand-stitch opening.  
 XXXXXXXXXXXXXXXXXXXX  
 Cut 1 top heart, 1 bottom heart and 1 full heart of Cuddle®  
 Sew top and bottom hearts by folding flat edge in 1/2" and  
 stitching in place.  
 XXXXXXXXXXXXXXXXXXXX  
 Lay full heart on top and bottom hearts.  
 Pin and sew with a 1/4" seam allowance.  
 Turn right side out and insert pillow.  
 XXXXXXXXXXXXXXXXXXXX

### Without pillow insert:

Cut 2 full hearts of Cuddle®  
Sew with a 1/4" seam allowance, leaving a 3" gap.  
Turn right side out.  
Stuff with poly-fil as full as desired; hand-stitch opening.

