

# Mastectomy Pillow

## Materials

Soft Fabrics in coordinating colors & patterns  
(Minky, Flannel, NON-pill fleece)

Pillow Stuffing

Thread

Scissors

Pins

Sewing machine

Hand stitching needle to hand stitch closure

## Directions:

Using provided pattern place pattern onto a fold of fabric

Secure pattern to fabric with pins

Cut 2 heart shapes

Place the two heart shapes together, putting the good sides towards each other, and pin the shapes to prevent sliding.

Starting on one of the long sides of the heart sew the two hearts together using a 1/2 inch seam, stopping to leave approx. 2-3 inches open to stuff the pillow. Back stitch at the beginning and end of your seam.



Clip the fabric in the “valley” or armpit area of the heart. This allows the fabric to turn right side out and not pull funny.



Turn pillow right side out.



Stuff with stuffing until firm but not hard.

Hand stitch the opening closed using needle and thread.



Place on fold

Attach bottom  
half of pattern  
here.

them  
together

Cut out pattern once you have taped





