

SEWING DIRECTIONS FOR PILLOWS

1. **Medium Pillow**– given to women who have had a breast biopsy, use a lot of this size.
Use soft, washable material, cotton blend ok, feminine colors and designs. Cut out 2– 9” diameter circles. Sew together right sides together with 1/2” seam, leaving an opening. Turn right side out, stuff with polyester fiberfill and slipstitch closed.
2. **Large Pillow and Matching Pouch**– given to women who have undergone surgery for breast cancer, use about 10-12 per month.
Use soft, washable material, cotton blend ok, feminine colors and designs. Cut out 2– 12” diameter circles and 1– 5.5 x 8” rectangle from matching fabric. Sew circles as described under medium pillow using 1/2” seam. Fold rectangle in half, right sides together. You now have a 5.5 x 4” square. Sew “T” seam on each side. Turn right side out. Hem top with 1/4” hem. Sew each end of a 36” matching ribbon to each seam at top to make pouch that will hang from shoulder. This pouch is used to hold the bulb drains that many women go home with.

Thanks for your help and support of the center!

**Loran Smith Center for Cancer Support
Athens Regional Medical Center
240 Talmadge Drive
Athens GA 30606
706-475-4900**

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