

# Instructions: Double Mastectomy Pillow Pattern

**Source:** Create to Donate  
<https://createtodonate.org/how-to-make-a-simple-double-mastectomy-pillow/>

**Materials:** One 27" x 39" piece of 100% cotton fabric  
Matching thread  
Polyester stuffing  
Sewing machine, rotary cutter or scissors  
Create to Donate Double Mastectomy Pillow Pattern (PDF, underarm cut-out)

## Steps:

1. Fold fabric in half lengthwise (good side facing in) so your finished piece measures 13.5" x 39".
2. Sew a seam with a ½" seam allowance along each of the short edges.
3. Fold the 39" length of fabric in half so the sewn short edges are one on top of the other.
4. Mark the underarm cut-outs. Pin the double mastectomy pillow pattern (half circle) along the top edge of the 4-layers of fabric (along the open edge) 6.5" from the sewn short edges (5.5" from the folded short side). The straight edge of the paper half circle will line up with the top edge of the fabric. Cut through all four layers of fabric.
5. Unfold the fabric. You now have a long rectangle with a half circle cut out of either side of top edge, 6.5" away from the sewn short edges.
6. Pin the top edge of the fabric and sew a ½ inch seam allowance across the top, following the under arm cut-out curves, leaving a 4" gap in the center between the two underarm cut-outs.
7. Turn the fabric right side out, stuff the pillow medium-soft. Test your pillow. It should wrap comfortably across the front of your body with the arm-hole cut-outs fitting roughly under your arms. If the pillow is stuffed too firmly it will pull across the chest. Adjust the stuffing if needed and close the hole.

