

Breast Cancer Pillow

Below is a small copy of what the pattern pieces look like. Print the pdf files for your pattern pieces. Align up the top and bottom pieces and tape together for finished pattern piece. You will place pattern piece on the fold of fabric when cutting fabric. You will need to cut two pieces – one for the front and one for the back.



With right sides together, sew a seam around the heart shape leaving an opening large enough to stuff pillow. You will use poly fiber fill to stuff the pillow. Make sure you do not over stuff the

pillow. You do not want to make it firm...it must remain soft. Remember this is for patients that have just had surgery and they will be using the pillow under their arm for support.