



## Instructions for Making Compression Pillows for Post-Mastectomy Patients

Tacoma Modern Quilt Guild has been making compression pillows for post-mastectomy patients (both male and female) for several years. TMQG has developed these instructions based on feedback from the surgeon who shares these pillows with her patients. If you'd like to make compression pillows for this purpose, please follow these instructions carefully. Compression pillows that are not made to these specifications cannot be used. Thank you in advance for contributing to this effort.

The extreme firmness of these pillows is why they are called compression pillows...please read stuffing notes below before making any pillows. These are not fluffy, cushy pillows!

### Supplies:

Fabric: 100% cotton quilting fabric (no flannel)

- A wide variety of prints are welcome
- Keep in mind that there are male patients as well as female
- If you want to use scraps, piece together fabric and cut to size

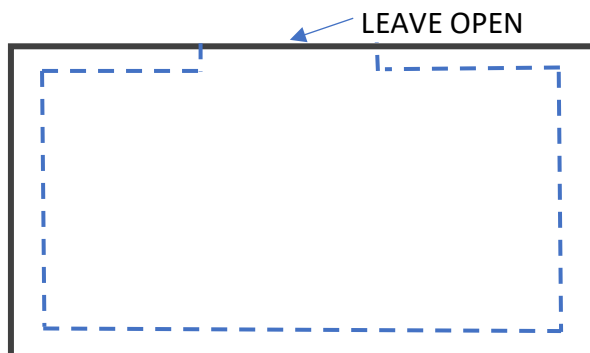
Stuffing: 100% polyester fiberfill

### Directions:

Cut two pieces of fabric for each pillow.

- Small pillow: cut fabric 7"x 9" (finished size 6" x 8")
- Large pillow: cut fabric 9"x11" (finished size 8" x 10")

Stitch the compression pillow with right sides together, using a  $\frac{1}{2}$ " seam allowance. Stitch as shown in the diagram. Leave an opening in the middle of one of the long edges of the pillow and stitch off the edge of the fabric, perpendicular to edge, backstitching the short line of stitching.



Turn right side out and stuff firmly with polyester fiberfill. Stuff the pillow until you can't stuff anymore into the pillow—and then stuff some more! If it is easy to stitch the opening closed, you haven't added enough stuffing. Hand stitch the opening close, with a slip (or ladder) stitch, using thread that matches the fabric and small stitches that are close together and almost invisible.

Clean up with a lint roller...delint, delint, delint! Polyester fiberfill creates a lot of lint and these pillows are going to post-surgery patients, so eliminate any lint. Clip any loose threads.

Email: [tacomamqg@gmail.com](mailto:tacomamqg@gmail.com) for questions or to arrange for pick-up. Heart-shaped 'Made With Love' charms will be added before delivery to the clinic.

