



Mastectomy Pillow

adapted by Teresa Coates
original pattern by Laura Coia of Sew Very Easy
https://youtu.be/Z072j-_S1d4

Cut 1 full heart on fold
Cut 1 top heart on fold
Cut 1 bottom heart on fold
OR
Cut 2 full hearts on fold

Cutting line for bottom heart
1/2" seam allowance

Cutting line for top heart
1/2" seam allowance

With pillow insert:

Cut 2 full hearts of quilting cotton. Pin RST.
Sew with a 1/4" seam allowance, leaving a 3" gap.
Clip curves and turn right side out.
Stuff with poly-fil as full as desired; hand-stitch opening.

Cut 1 top heart, 1 bottom heart and 1 full heart of Cuddle®
Hem top and bottom hearts by folding flat edge in 1/2" and stitching in place.
Sew on hook and loop tape, if desired.
Lay full heart on overlapped top and bottom hearts, RST, pin, and sew with a 1/4" seam allowance.
Turn right side out and insert pillow.

Without pillow insert:

Cut 2 full hearts of Cuddle®
Sew with a 1/4" seam allowance, leaving a 3" gap.
Turn right side out.
Stuff with poly-fil as full as desired; hand-stitch opening.