

Comfort Pillows

This pillow is made as a post-op support pillow for breast (mastectomy) surgery or other surgeries. It relieves underarm pressure to sensitive surgical areas or it can brace painful areas, and can provide comfort and relief during healing.

Tape together the two sides of the pattern. Cut out 2 on the fold. Sew right sides together leaving a 4 inch opening to turn. You may need to clip the seam in the V of the heart to help the pillow lay smooth and flat. Turn right side out, fill with stuffing, stitch opening closed. The curved part of the heart should be about 7 inches. This does not have to be perfect.

