

These directions are taken and altered slightly from those of Deon Mass and given at the website of the American Sewing Guild - www.asg.org.

DIRECTIONS FOR ANTI OUCH POUCHES

This is an underarm hanging pillow that fits high under the arm to cushion the underarm and breast area after breast surgery or radiation treatment. The wedge holds the arm slightly away from the body when a person is standing. The fiberfill can be adjusted through the overlapping opening. It is designed to look like a tote bag and can be used on either the right or left side.

SUPPLIES

15" x 44" or 45" soft cotton or flannel fabric
2 large handfuls of fiberfill
6" of hook and eye tape such as Velcro

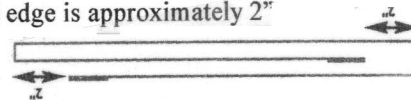
CUT: 1 2½" or 3" (flannel especially) strips off of the long side for straps. Cut these again into 11", 15", or 22" lengths to provide some variety for different sized women
1 12 ½" x 44" section for the pillow (for larger women 15 ½" is better.)

STRAPS: Method 1: Fold each strap in half lengthwise right sides together creating a fold at one end. Sew long edges of each. Turn them right side out and press. Sew part of the Velcro on end of each.
Method 2: Press under seam allowance 3/8" or ½" on each long edge and one short one. Top stitch down. This works best for flannel!

PILLOW: On the pillow section make a hem by folding down 3" along each short edge if you have selvages on those ends. If not, make a double hem so the edges are smooth. Stitch down.

Place the fabric right side up.

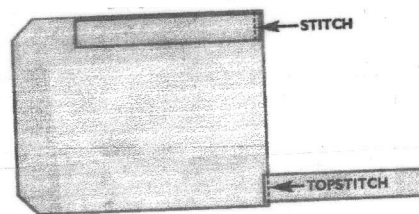
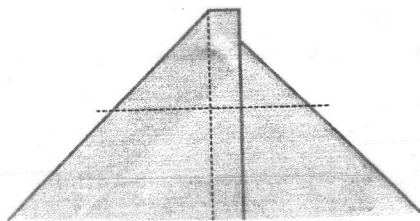
Method 1: Fold the hemmed ends inward, overlapping them until each hemmed edge is approximately 2" from each folded edge.



Method 2: Measure the center along the length and mark. Measure and fold one long edge approximately 7" toward the middle and the other end 14" toward the middle. These will overlap to make the pouch.

Sew the sides of the pouch.

Now make the bottom of the pouch by using the area next to the opening of the pouch (the opening hangs down so as not to be next to the sore area of the body). Maneuver the seam so that the corner forms a triangle with the seam in the center. Stitch approximately 1 ¼" from the point. This creates a wedge. Make sure you do not to catch the folded end in the stitching. Repeat for the other corner on the same end. Turn the pillow right side out and poke out all 4 corners.



ATTACH THE STRAPS: Place one strap on top of each long edge with the raw edges ¼" from the top edge. Make sure the Velcro of the straps will match without twisting the straps. Stitch each strap approximately ½" from the top edge through all layers. Flip the straps up and top stitch them near the top edge of the pillow.

Stuff lightly especially at the wedge.