

**Post-Surgical Pillow Sewing Instructions
For Department of Radiology
Mammography Program**

What is a Comfort Pillow?

It's a small, soft washable pillow a patient can place between her body and arm to relieve discomfort. It can reduce the amount of pain and provide both physical and emotional comfort during treatment and recovery period. It can also be used in the car between you and your shoulder strap or while sleeping.

COMFORT PILLOW INSTRUCTIONS:

1. Cut 2 pieces of washable material, 8"x12" – something strong and soft, like cotton.
2. With the right sides placed facing each other, sew the 3 sides and part of the 4th.
3. Turn the pillow right side out.
4. Stuff the pillow to the point of being firm, without over stuffing.
5. Turn the remaining open end in and top stitch it closed.

PILLOW CASE INSTRUCTIONS:

1. Cut 2 pieces of washable material 9"x13" – or fold a piece of material to form a 9"x13" pattern.
2. With the right sides placed facing each other, sew the 3 sides.
3. Sew lace, or hem the open end.
4. Turn right side out and place over the pillow.