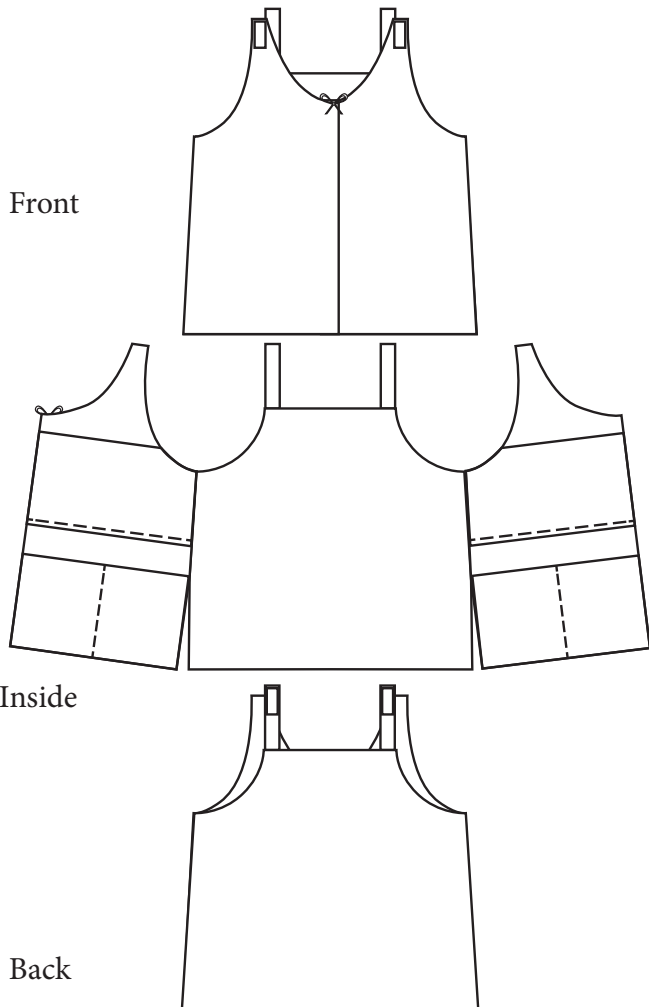




<http://craftingcomfort.org>

# Post Surgical Camisole



### The Fine Print

All patterns, photos, diagrams and information contained in this pattern are the property of Crafting Comfort. All rights reserved. All components of this pattern are copyrighted and owned by Crafting Comfort.

This pattern is intended and licensed for personal use only. Reproduction of this pattern for use by charity groups to make camisoles for donation is permissible.

Please email any questions about usage to [requests@craftingcomfort.org](mailto:requests@craftingcomfort.org)

# WHERE

## Do I find...

\*Tip - Use your bookmark bar on the left to navigate.

Fabric Yardages pg. 2  
Suggested Supply Sources pg 3  
Printing Instructions pg 4  
Sewing Notes pg 5  
Sewing Instructions pg 6-11  
Pattern Pieces pg 12-29

## Materials

Size	Main Fabric (44/45" or 112cm)	Hook and Loop Tape
S - Bust up to 36" (84cm)	1 1/2 yards (1.37m)	12 inches (30cm)
M - Bust up to 40" (89cm)	1 1/2 yards (1.37m)	13 inches (33cm)
L - Bust up to 44" (95cm)	1 1/2 yards (1.37m)	14 inches (36cm)
XL - Bust up to 48" (103cm)	1 1/2 yards (1.37m)	16 inches (41cm)
XXL - Bust up to 52" (112cm)	1 1/2 yards (1.37m)	17 inches (43cm)

**Notions:** 10 inches (25cm) of 1/8 inch (3mm) wide satin ribbon, Velcro Soft & Flexible Sew on Tape (amounts listed above)

**Suggested Fabrics:** Soft and lightweight woven cottons.

See next page for details and preferred suppliers.

# SUPPLY Specifics

Because patients wearing these camisoles often have very sensitive skin, we have a preference for these specific supplies. We order wholesale quantities for our charity sewing group from the linked vendors. If you're only sewing one or two of these, the Soft & Flexible Velcro is available in smaller packaged amounts at most fabric retailers.

Velcro brand Soft & Flexible Sew on Tape -  
available in wholesale amounts here: [http://www.textol.com/t\\_soft.asp](http://www.textol.com/t_soft.asp)

Choice Fabrics 108" wide Calico Quilt Backing, wholesale  
[http://choicefabrics.com/cfstore/index.php?main\\_page=index&cPath=42&zenid=512696b504b2ec42a4187df932620bdc](http://choicefabrics.com/cfstore/index.php?main_page=index&cPath=42&zenid=512696b504b2ec42a4187df932620bdc)

This fabric is very soft and slightly lighter weight than many quilting cottons. Premium quilting cottons and lightweight brushed cottons are acceptable substitutes.

50wt thread

1/8" satin ribbon for the bow

# HOW Do I Print This?

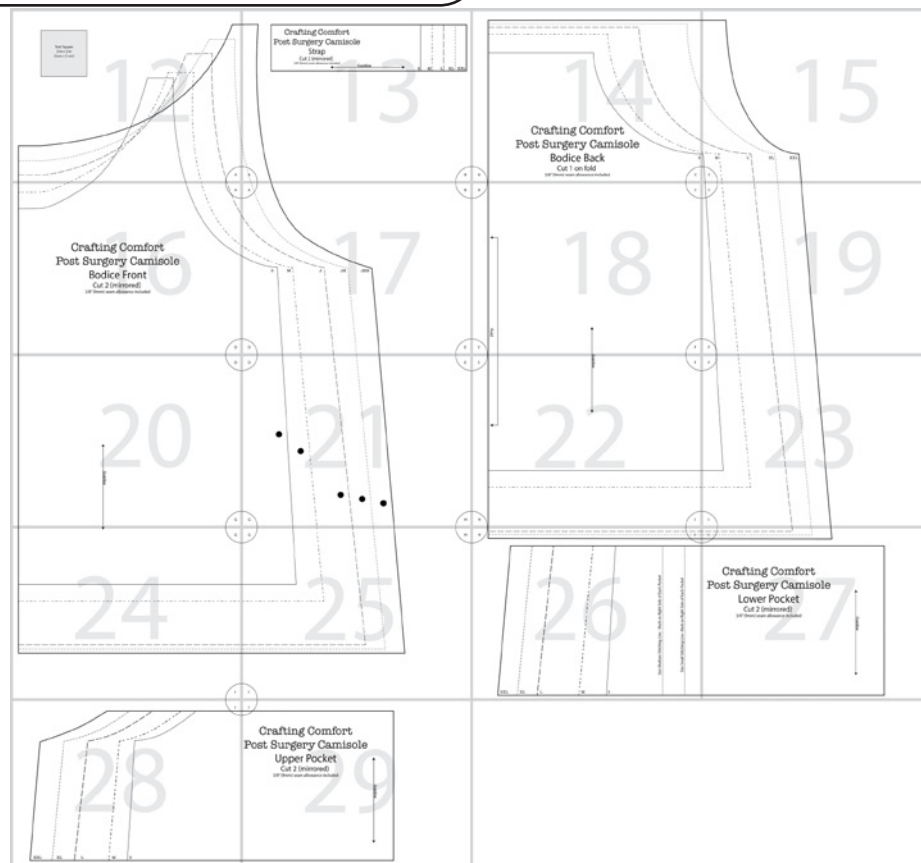
Use Adobe Reader downloaded from Adobe.com. Other programs, including Mac Preview and the Windows 8 or 10 version of Adobe Reader that comes pre-installed, can cause headaches.

Print the first pattern page first and check your measurements. Do any adjusting necessary here.

Read this post for troubleshooting:  
<http://mellysews.com/2014/02/print-pdf-sewing-patterns.html>

Print at 100% Scale or Actual Size. Do not “fit to page” or “select paper by document size”. Just use your regular paper and print at Actual Size or 100%. Check “auto rotate and center” if you have that option.

Pattern prints left to right, top to bottom. Don't cut off gray borders. Match up the circle images on the edges of pages.



# SEWING Notes

**Difficulty Level** This is an easy project. While we use a serger to finish the edges, you can also use a regular sewing machine with an overlock stitch or a zig-zag stitch right along the edges.

Pattern includes 3/8 inch (9mm) seam allowances on all seams unless otherwise specified

## Pinning and cutting your fabric

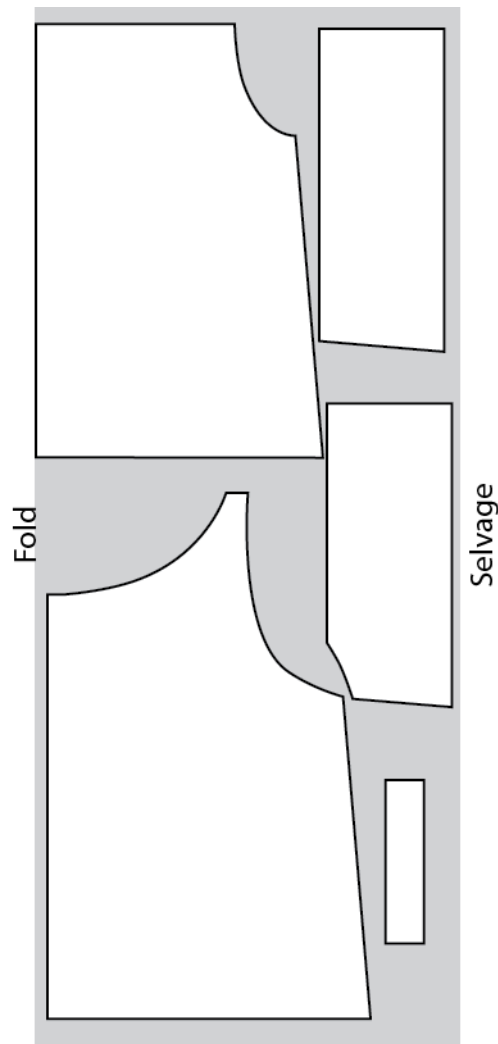
There is a piece that needs to be cut on a fold; the rest of the pieces that are cut 2 should be mirrored so you have a right and a left piece. Follow the cutting directions on the pattern pieces to cut the pieces out.

Transfer markings for dots to the right sides of the front bodice and the pocket stitching lines to the right side of the size small and medium lower pockets. Make sure to use a washable marking method.

## Cut List

- 2 Front pieces
- 1 Back piece
- 2 Long top pockets with armhole cutout
- 2 Long bottom pockets
- 2 Straps
- Bow – 10 inches (25cm) of 1/8 (3mm) ribbon
- 2 – 2 inch (5cm) pieces of Velcro for straps
- 1 piece front Velcro (size appropriate)

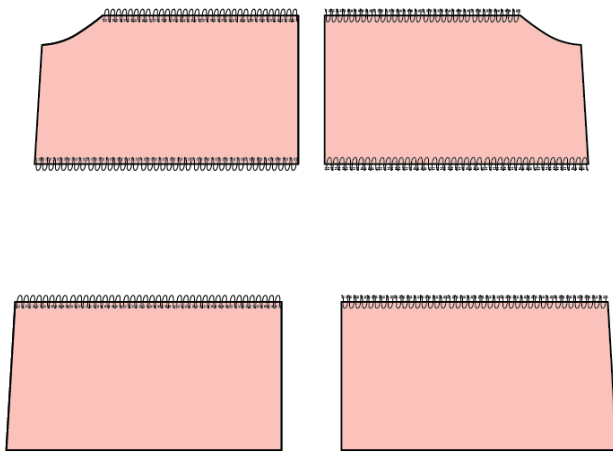
Size	Velcro Length for Front
S	8 inches (20cm)
M	9 inches (23cm)
L	10 inches (25cm)
XL	12 inches (30cm)
XXL	13 inches (33cm)



# EDGE FINISHING

All edges are finished. If serging, serger should be 4-thread regular overlock stitch. Pieces should be serged on the edge in the order listed below, just barely serging off a small sliver of fabric. Serge around all corners without leaving a tail of thread.

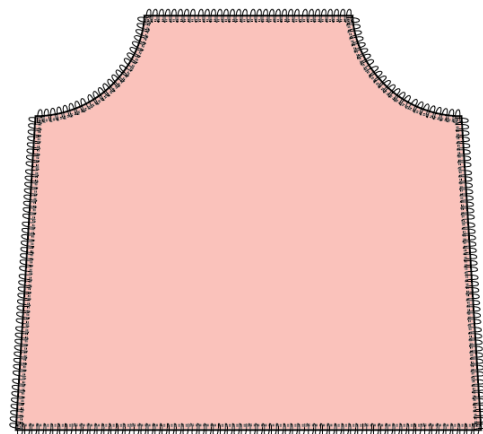
If using a regular sewing machine, use a built in overcast stitch or zig-zag stitch with one edge of the stitching set to go just past the edge of the fabric to sew around the edges of the fabric and minimize fraying. Do this wherever the instructions below say to serge.



Serge top edge and lower edge of the 2 long top pockets avoiding the armhole cutout. The armhole and side edge will be serged when attached to the front pieces later.

Serge top edges of the bottom pockets. Do not serge the sides and lower long edge at this time. They will be serged when attached to front pieces later

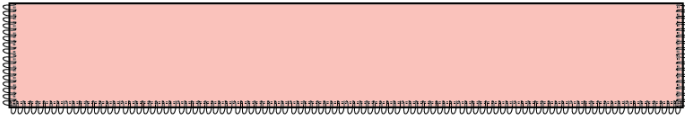
Serge all raw edges of large back piece.



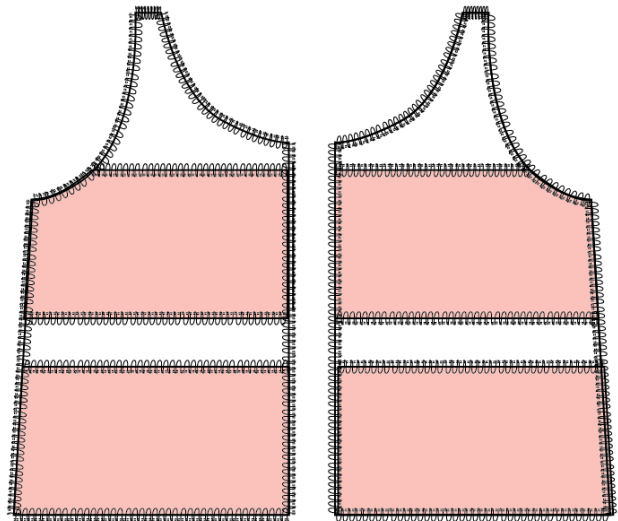
# EDGE FINISHING



Fold each strap piece in half length-wise with **WRONG SIDES** together and serge raw edges (top, side and bottom) forming two 1 inch (2.5cm) wide finished straps.



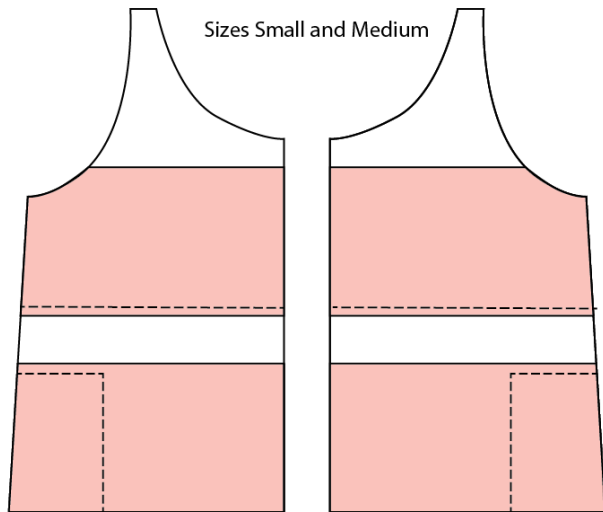
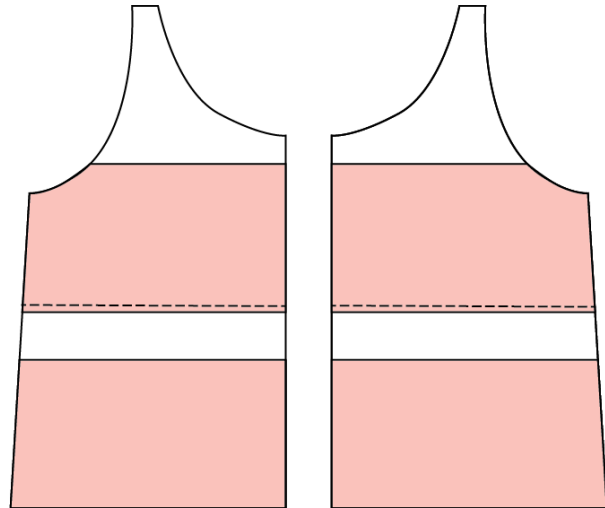
On each front piece, on **WRONG SIDES**, line up each top pocket right side up with the armhole and left and right side edges and pin well away from the serging line. Line up the side edges and bottom edge of each bottom pocket to the sides and lower edge of the front pieces and pin well away from the serging line. Serge all around the outside raw edges of the front pieces, attaching the pockets to the side, armhole and lower edges in the process.



# ASSEMBLY

Note - to help keep instructions clear, previously finished edges are not shown in many of the diagrams in this section.

Topstitch across the lower edge of the top pockets.



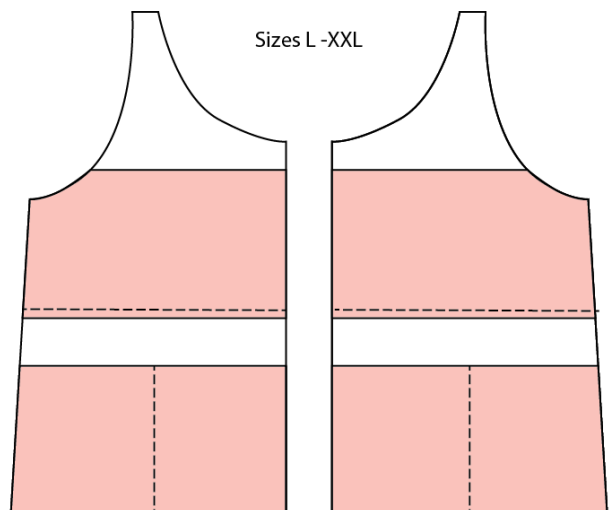
Size Small and Medium Only:

Stitch along the top edge of the lower pocket and down the stitching line from the pattern to make one large pocket instead of two.

Sizes L, XL and XXL Only:

Topstitch down the center front of the bottom pockets for sizes Large and Extra Large.

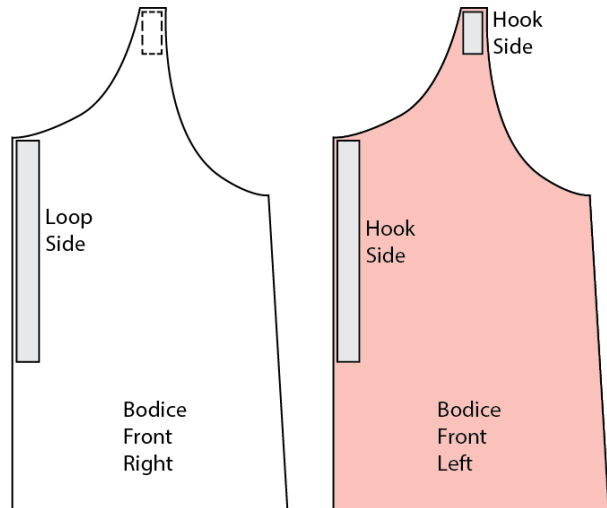
Tip: Fold the front piece in half and finger press to make a stitching guide.



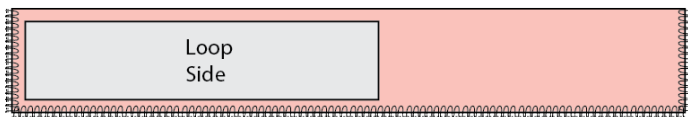
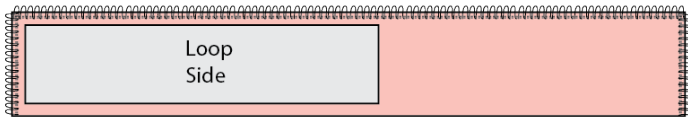


# ASSEMBLY pg 2

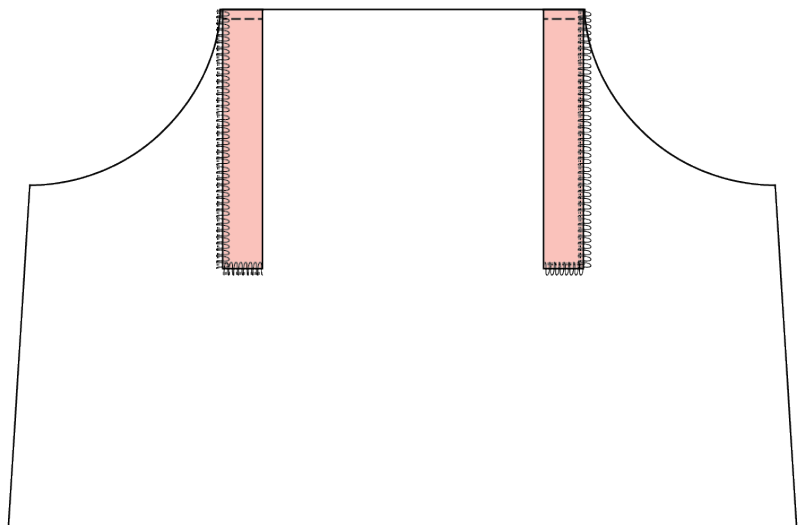
Attach the **hook side** of the 2 inch (2.5cm) long Velcro to the front straps by topstitching around all 4 edges of each piece of Velcro. Attach **loop side** of the long Velcro piece to the **WRONG SIDE** of the fabric edge of the Right Front bodice. Attach the **hook side** of the long Velcro to the **RIGHT SIDE** of the fabric edge of the Left Front Bodice.



Attach one of the the **loop sides** of the 2 inch (2.5cm) long Velcro to each separate strap piece by topstitching around all 4 edges of each piece of Velcro.

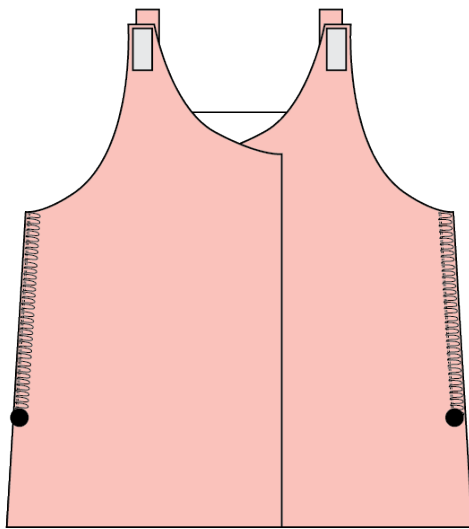
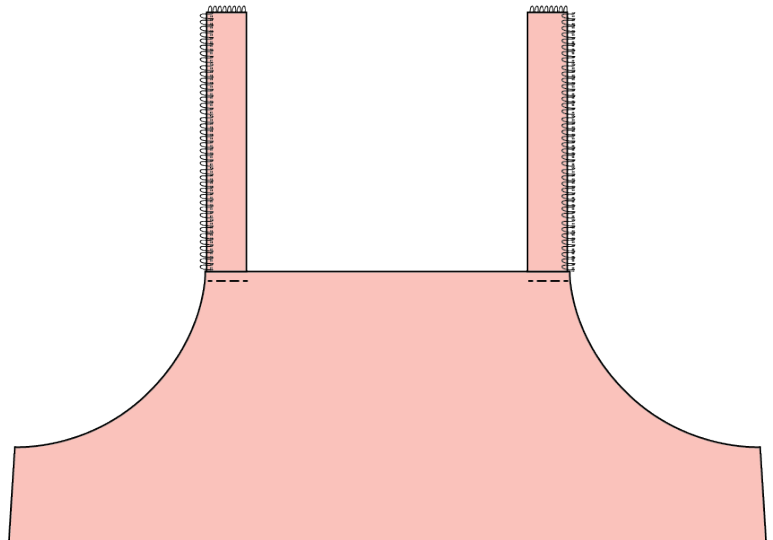


Align strap pieces to **WRONG SIDE** of the back piece at the top edge. Make sure the serged edges of the straps are laying toward the armhole edge. Topstitch strap to back piece.



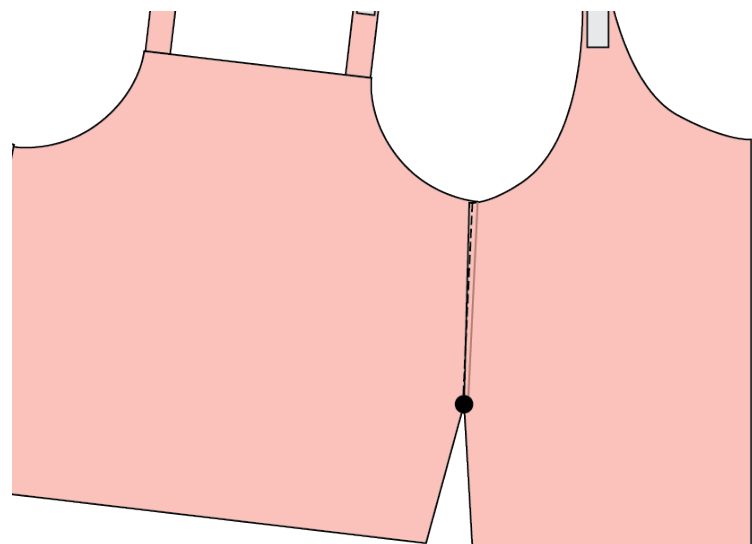
# ASSEMBLY pg 3

Flip straps up, turn to the right side and topstitch strap again to create a flat seam on the outside.



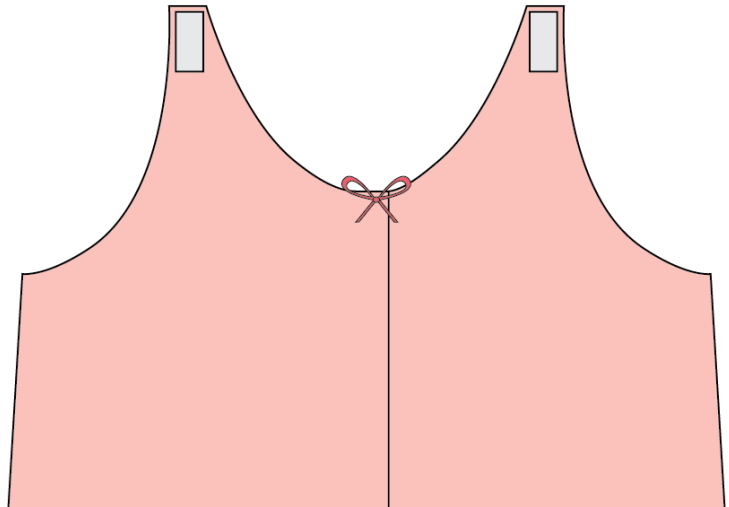
Place front pieces WRONG SIDES together with back piece, matching side seams. Begin stitching at dot, backstitch, then continue to armhole edge and backstitch again. This leaves vents in the side seam at the lower edge of the camisole for better fit in the hip area.

Fold finished seam toward the back and topstitch at the outer edge of tseam allowance from armhole to the top of the vent to make the seam lay flat on the outside of the garment.

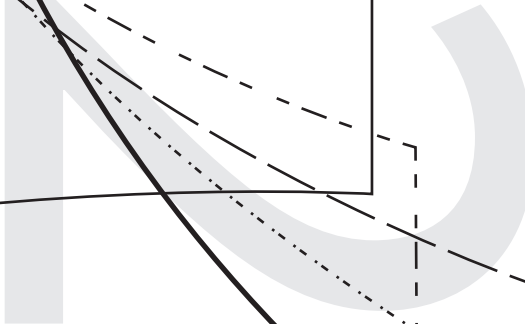
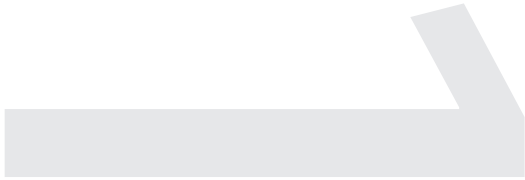


# ASSEMBLY pg 4

Tie a bow with the ribbon. Attach the bow on the top on RIGHT SIDE of fabric on the Right Front piece using a straight stitch and backstitch down the center knot of the bow.



Test Square  
2 in x 2 in  
(5cm x 5 cm)



A

# Crafting Comfort Post Surgery Camisole

## Strap

Cut 2 (mirrored)

3/8" (9mm) seam allowance included



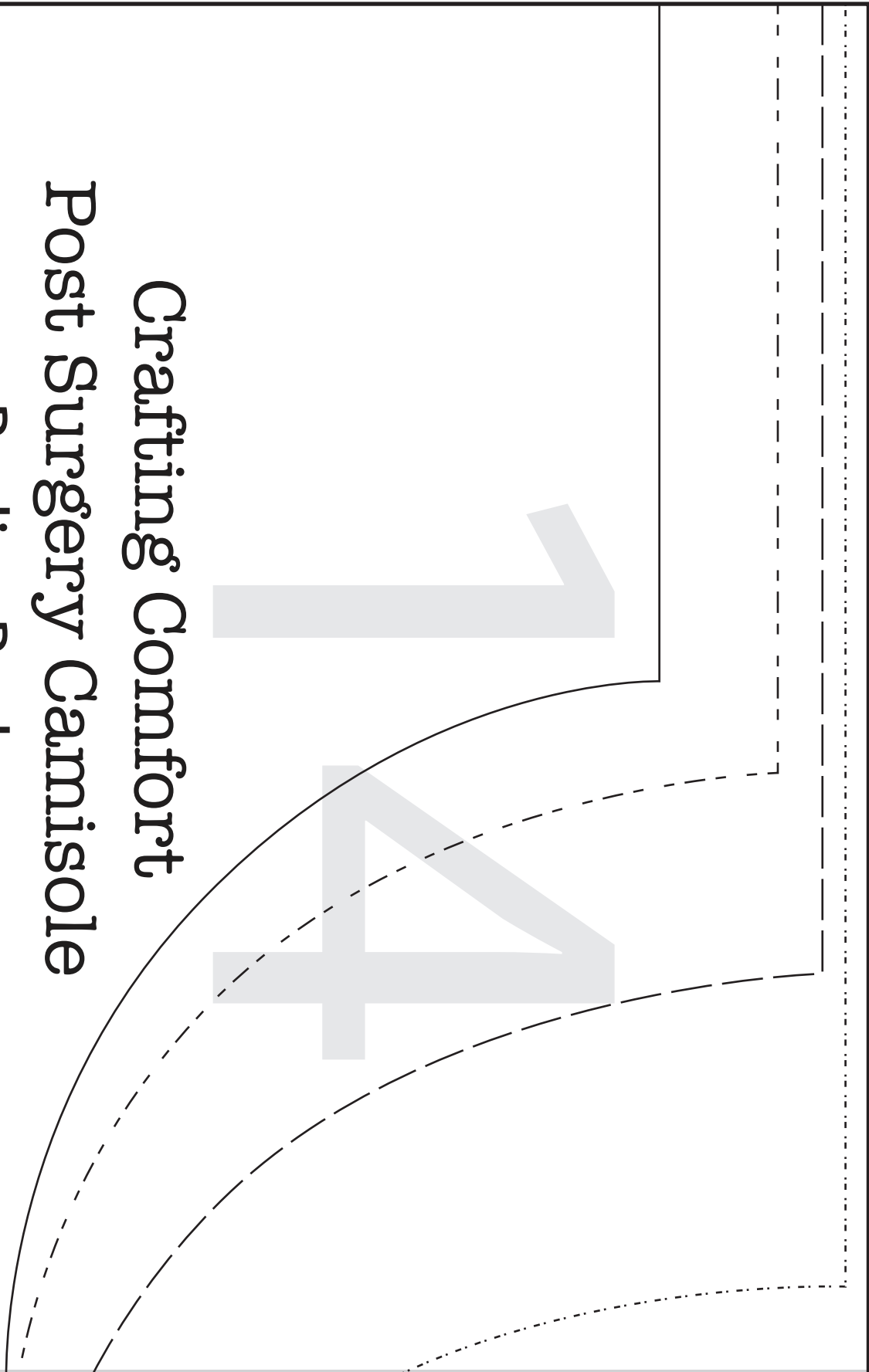
S

M

L

XL

XXXL



**Crafting Comfort**  
**Post Surgery Camisole**  
**Bodice Back**

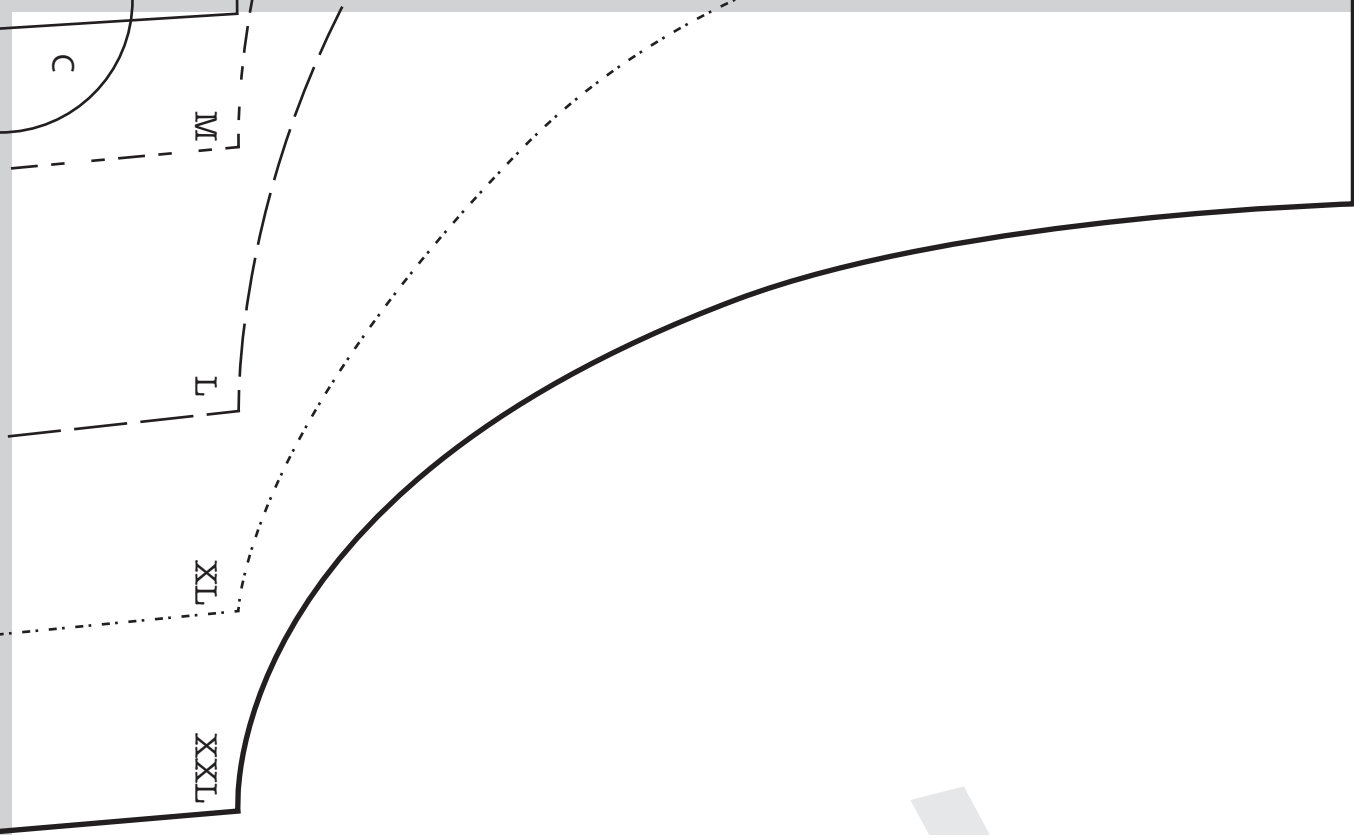
Cut 1 on fold

3/8" (9mm) seam allowance included

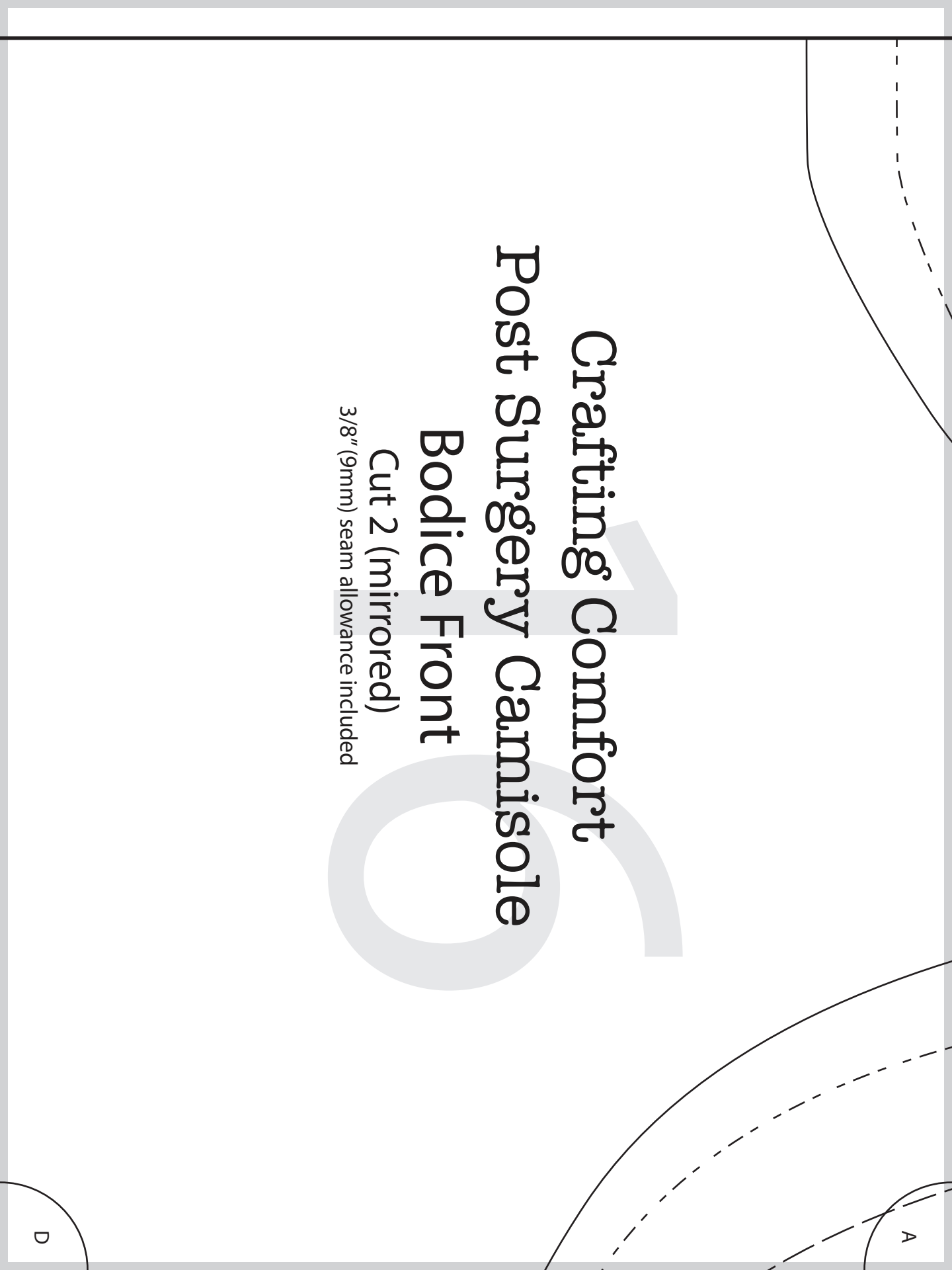
B

C

9



51



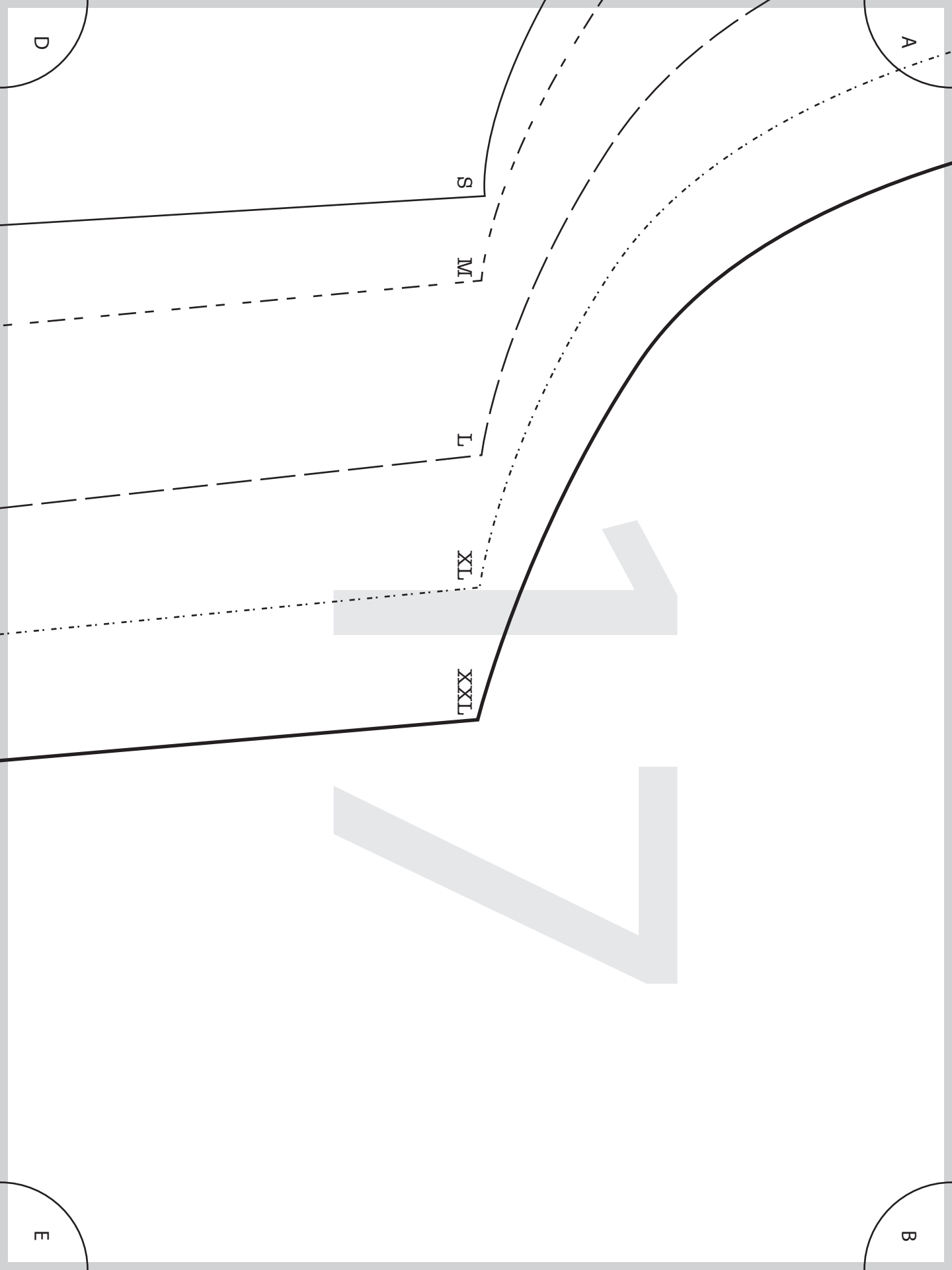
Crafting Comfort  
Post Surgery Camisole

Bodice Front

Cut 2 (mirrored)

3/8" (9mm) seam allowance included





A

S

M

L

XL

XXL

D

B

E

E

B

Fold



F

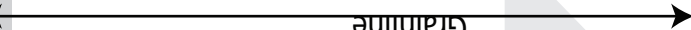
C

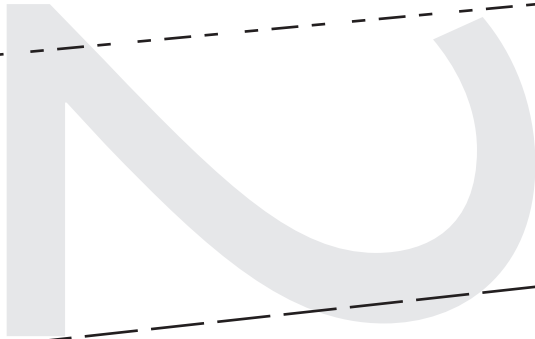


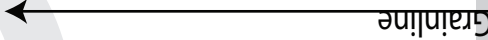


20

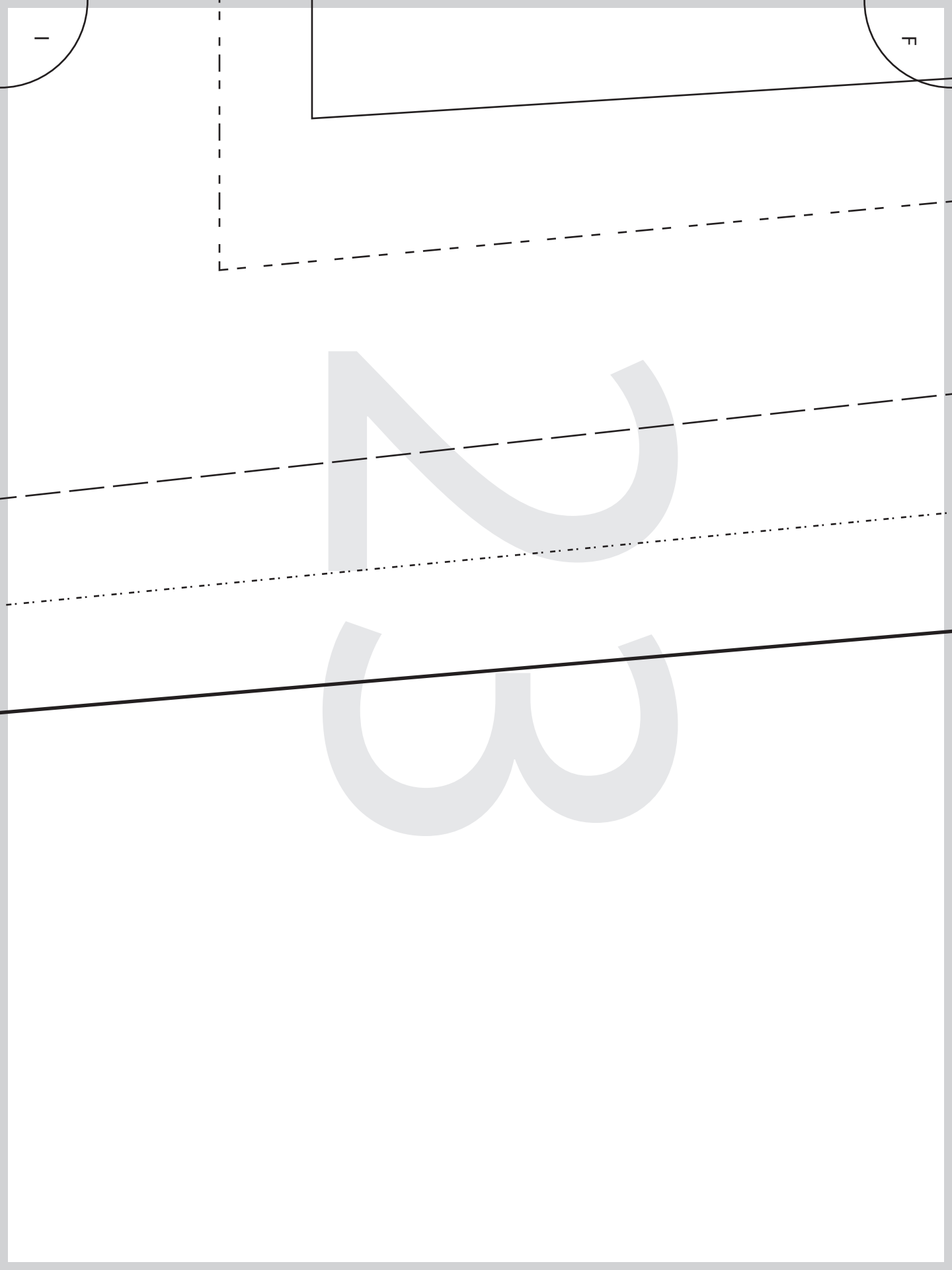
Grainline







Grainline



2

4

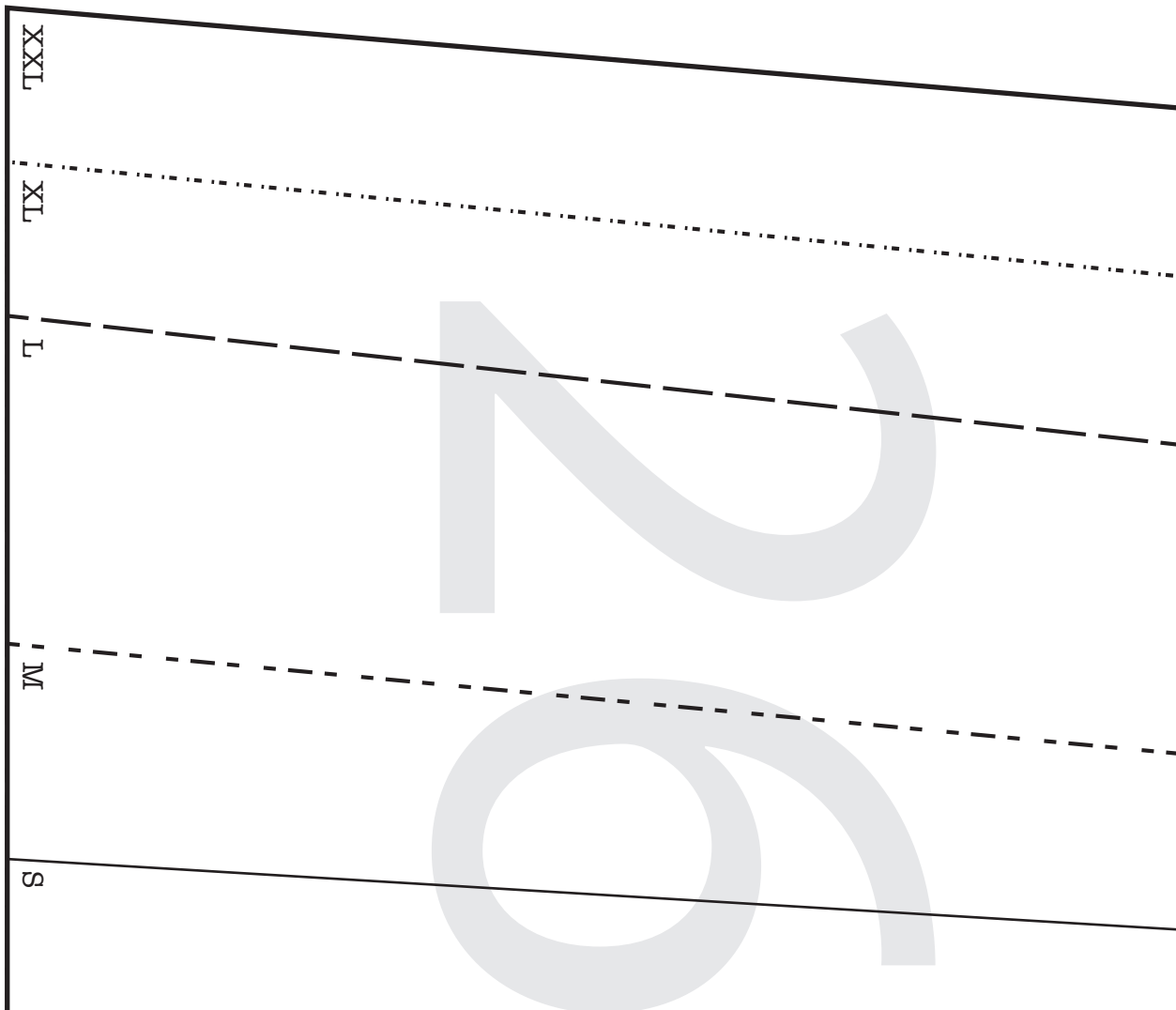


25

1

6

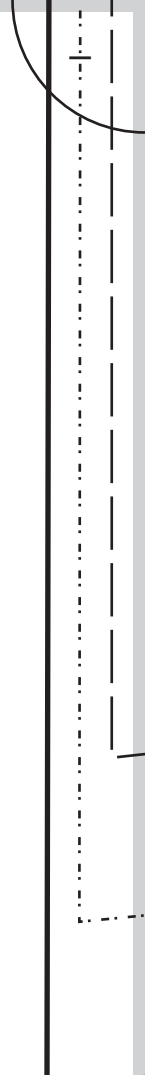
11



Size Medium Stitching Line - Mark on Right Side of Each Pocket

Size Small Stitching Line- Mark on Right Side of Each Pocket



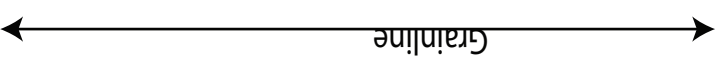


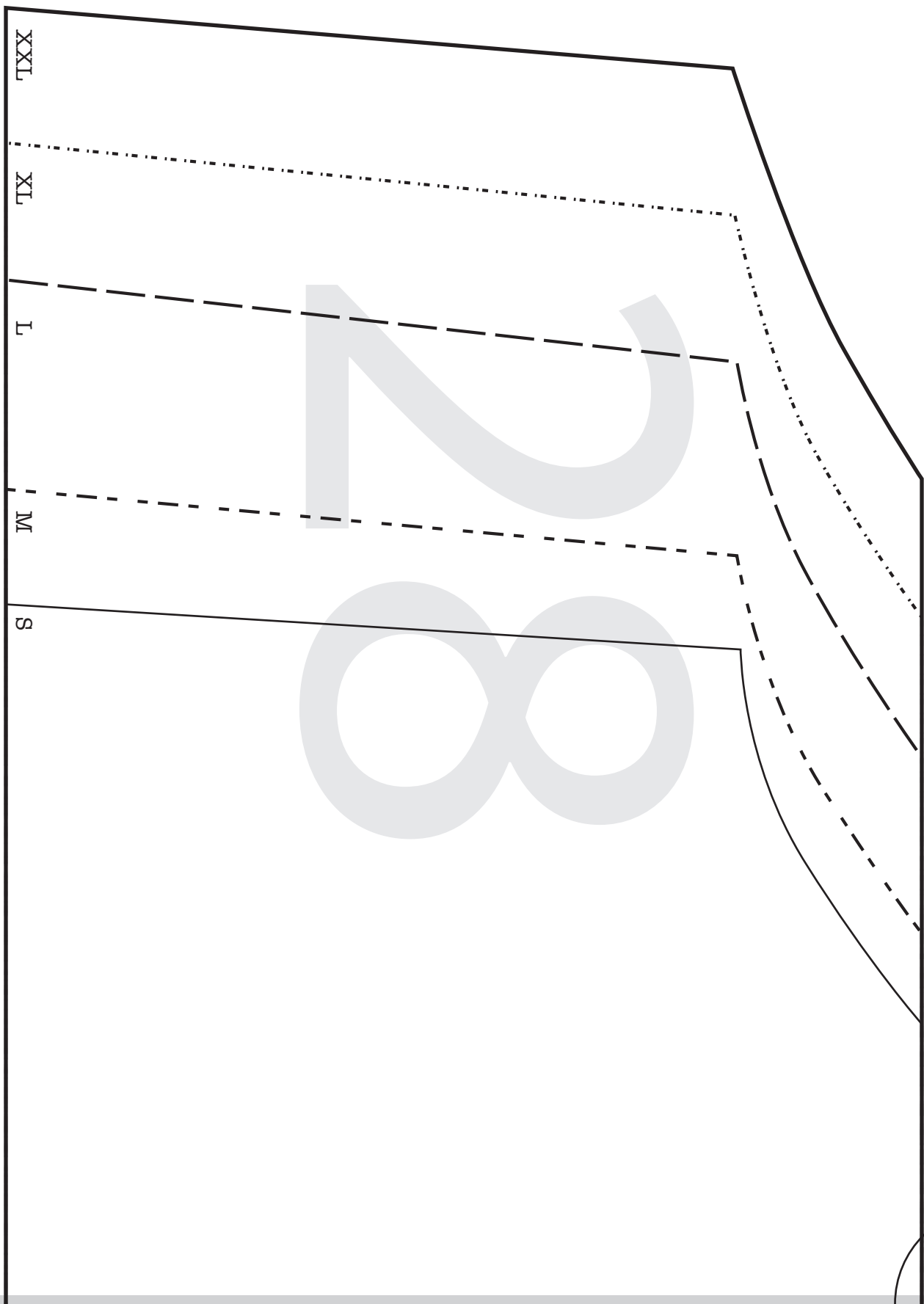
# Crafting Comfort Post Surgery Gamsiole

## Lower Pocket

Cut 2 (mirrored)

3/8" (9mm) seam allowance included





# Crafting Comfort Post Surgery Camisole

## Upper Pocket

Cut 2 (mirrored)

3/8" (9mm) seam allowance included

