

THE ANTI-OUCH POUCH

by Deon Maas

This underarm hanging pillow is intended to add a little comfort to people's lives during a stressful, painful time. The pillow hangs from the shoulder, fitting snugly under the arm to cushion the underarm and breast area after breast surgery or during radiation treatment. Its wedge shape holds the arm slightly away from the body when the person is standing. The shoulder strap is adjustable. The fiberfill can be adjusted via an overlapped opening. The design is meant to look like a tote bag, and may be used on the right or left side of the body.



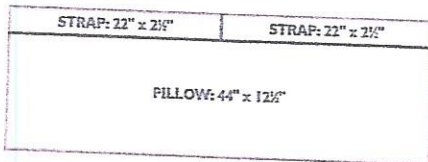
Supplies

Note: Directions are for 44"-45" wide fabric. Seam allowances are $\frac{3}{8}$ ".

- 15" of 44"-45" wide soft fabric, preferably cotton (18" for larger woman)
- Two large handfuls of fiberfill
- 6" of hook-and-loop tape, such as Velcro

Cut

- Two $2\frac{1}{2}$ " x 22" strips for straps
- One $12\frac{1}{2}$ " x 44" section for pillow (for larger women, cut one $15\frac{1}{2}$ " x 44" section)



Straps

1. Fold each strap in half lengthwise, right sides together, creating a fold at one end.



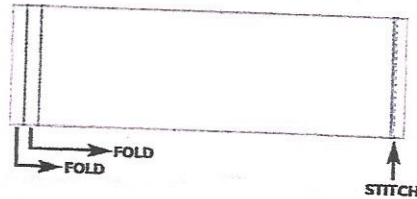
2. Sew or serge both long sides of each strap.
3. Turn straps right side out and press.
4. Place the loop side of the hook-and-loop tape on one of the straps and the hook side on the other strap, each $\frac{1}{2}$ " from the folded end.



5. Stitch tape in place with either a straight or a zigzag stitch. If your machine skips stitches, try a larger needle.
6. Set straps aside.

Pillow

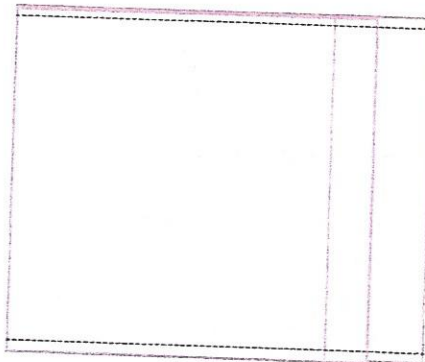
1. On the pillow section, make a double-fold hem at each end by pressing $1\frac{1}{2}$ " of fabric to the wrong side. Press another $1\frac{1}{2}$ " to the wrong side.



2. Stitch hem close to inside fold.
3. Place fabric *right side up*. Fold the hemmed ends inward, overlapping until each hemmed edge is approximately 2" from each folded edge.



4. Sew or serge each side.



Note: Here comes the tricky part. You will now form the bottom edge of the pillow.