

How to Make a No-Sew Fleece Comfort Pillow





Purpose of Comfort Pillows

- Patients who have had upper abdominal surgery or open heart surgery use it to support their incision from the lap belt & seatbelt. They use it to apply comfort to the incision when coughing, moving, deep breathing, etc.
- AdventHealth campuses at Winter Park, Celebration, Altamonte and Orlando each have approximately 100 c-sections per month.
- The Cardiovascular Intensive Care Unit has approximately 300 surgical patients a month!

We would love for every patient in those at AdventHealth in those units to receive this comfort item created and blessed by YOU!

- Pediatric patients who have no visitors or need extra support during their hospitalization receive comfort items like the pillow. It promotes love, healing and rest!
- New mommy's use the pillow to feed or snuggle up their newborn babies.





- For patients who have had a mastectomy. They use the pillow to protect the surgical site from the seatbelt. They also place the pillow under their arm to support the incision when sitting or laying.
- Port pillow for patients that have cancer, diabetes, or any illness that requires them to have a portacath.
- This is a pillow that can be used to cover a portacath to protect it from the seatbelt when riding in a car. Seatbelts can irritate the site of a portacath if driving for a long period of time. Port pillows are designed to reduce irritation and relieve this discomfort.



Things You'll Need

- 3/4 yard of fleece fabrics
- (**NOTE:** Jo-Ann Fabrics always has coupons and sales on Fleece.)
- 24 by 24 inch pillow form or 1 bag of stuffing
 - Scissors
 - Straight edge ruler
 - Disappearing ink marking pen
 - Rotary cutter and cutting mat



Step 1

- Fold each piece of fleece in half and square the fabric by laying the selvage edge along a straight line on the cutting mat.
- Lay the straight edge ruler across the fabric in line with the rule marks on the mat, and cut a straight line through both thickness of the fleece.
- Trim off the selvages.
- Cut a piece 27 inches by 27 inches from each piece of fleece and stack them on top of each other

Step 2

- Measure 3 inches from each edge all around the square of fabric with the straight edge ruler and mark with the disappearing ink marking pen.





- Align the fabric square to the rule lines on the cutting mat.
- Cut through both thicknesses of fleece with scissors at each one-inch mark, stopping at the 3-inch line you drew in step 2.

Step 3

Step 5

- Remove a 3-inch square at each corner.



Step 6

- Smooth out any wrinkles that have developed and check that the layers are still matched and square.





Step 7

- Tie a knot from each pair of strips at each inch by wrapping the bottom strip up to the top strip and tie.
- Tie a second knot and pull the knot toward the top leaving the bottom fabric on top of the knot.
- Keep even tension on each knot as you continue tying knots on three sides.
- Leave one side open for stuffing!

Final Step

- Pull the fabric pocket up and over the pillow form, stuffing it in as far as possible.
- Finish by tying knots on this side as well, pushing the pillow down.
- Do not pull the strips too tight and stretch the fleece out of shape as you close the opening.

