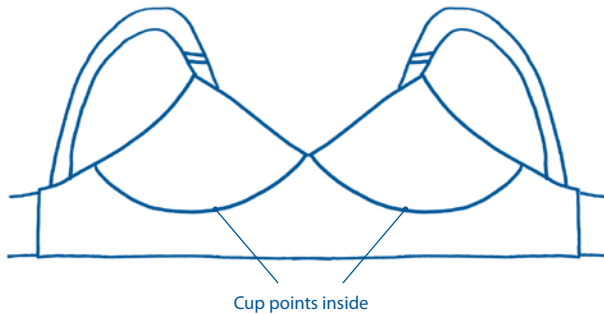




Bra pocket pattern

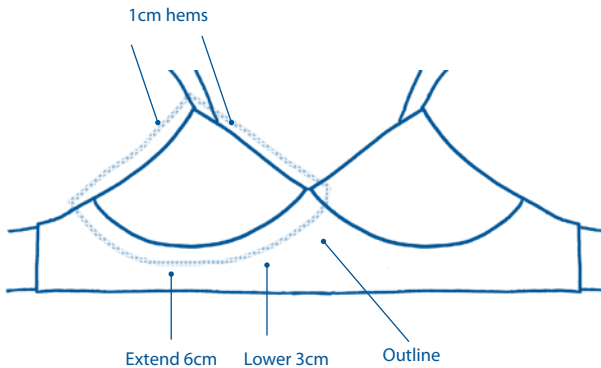
Many women feel more secure when their breast form is worn in a pocketed bra. If you don't want to buy a mastectomy bra or a bra pocket to sew into your regular bra, you can make your own pocket from the pattern below.

1. Place bra right side down, spread out flat on table.
2. Pick up points of cup and bring towards you, then fold over in envelope fashion so that material of cup lies flat.

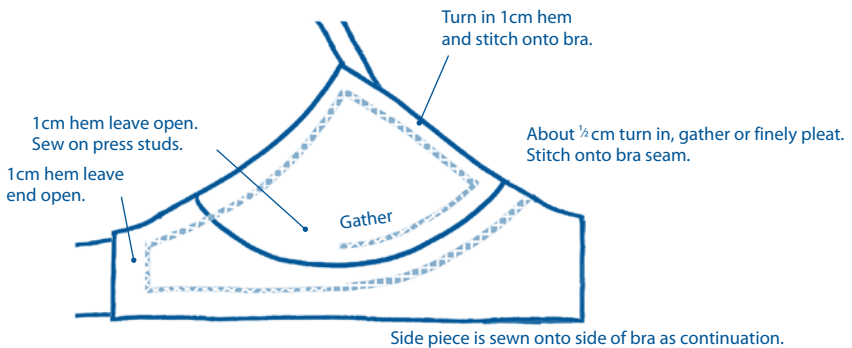


3. Place a piece of firm but see-through paper (tracing paper preferably or firm grease-proof) over flat bra cup and trace outline.
4. Then on paper, extend outline 6 cm at underarm side following shape of bra.
5. Using soft lawn or knit cotton fabric, cut material following your pattern.

6. Turn in and finish 1cm hems at underarm side and connecting top piece of pocket. These two sides are not stitched to the bra but remain open for insertion of breast form.



7. Make gathering stitches, or small tucks, along lower edge as per diagram, and turn in about 0.5 cm. Stitch onto lower edge of bra cup. Sew remaining flat edge onto the bra from the centre shoulder strap



8. Using small press-studs or velcro, sew onto bra and pocket to close opening. Underarm end remains open.