

Pillow Sewing Instructions

We use positioning pillows to keep areas of a patient's body from contact with a bed, rails, tubing, etc. The elevation of an area may help the skin to stay healthy and not further degrade. This may also assist with pain in the area.

- Various sizes of pillows are needed:
- Our most needed sizes are 6x12, 10x10, 12x12, 4x18 and 6x6.
- The fabric must be soft and washable, because washable fabrics are gentler and more absorbent. Cotton, flannel, and soft knits are best. Avoid upholstery fabric and rough fabrics, like burlap and blue jean material. Please wash the fabric before use.
- Our pillows must be disposed of after a patient passes away – they're not reused. Feel free to use remnant pieces of fabric, and avoid expensive fabrics. You don't need to spend time decorating or embroidering your pillows, unless you want to. Don't add any decorations that will stick out from the pillow, such as buttons or Velcro, as these can be hard on the patient's skin.
- Please sew the pillows together - don't use fabric glue to attach the sides together or close the final side, as this creates a hard seam that is irritating to our patient's skin. The final side doesn't have to be hand sewed closed, it can be machine stitched. Remember that the pillow will be disposed of after use so it doesn't have to be perfect. ☺
- Use loose batting to fill the pillows. The nurses prefer the pillows to have varying levels of firmness, because sometimes a firm pillow is needed and sometimes a less firm pillow is needed. So, just vary the amount of batting used in each of your pillows and that will produce some firm pillows and some not-so-firm.

Thank you for providing comfort to our hospice patients and families!