

# Comfort Camisole



Post mastectomy vest pattern. Made from a T-shirt.  
Allows for easy storage and accessibility of drains.  
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## Comfort Camisole

This post mastectomy recovery garment allows comfortable accessibility and pockets for drains.

This garment was designed because of special needs and becomes a comfort to the woman wearing it at a tender time in her life. This “Cami” is easy to put on because of the front Velcro closure. It is made from a T-shirt so it can be made to fit any size. Here are six easy steps to making one or two for yourself or another woman in need.

**Supplies:** 1 T-shirt, 1 package of ½” soft Velcro

**Note:** *Change stitch width to 1 to give ease to the seams.*

- 1) Choose a T-shirt that is not oversized but allows ease of movement. This will have to fit over bandages and an after surgery “tube top”. Find a comfortable size for the woman who you’re making it for, and adapt the length to 3-4 inches past waistline when cutting. It should finish about 4” past belly button. Try on, if possible to decide (and mark) the shape of the neckline and desired length.
- 2) **Cutting:** Lay shirt out flat and cut off sleeves along seams. Then cut around neckline, removing the ribbing. Measure and mark down from bottom of armhole on both sides, 10-14” depending on size. Lay flat and cut across the bottom of the shirt at markings through both thicknesses. Save sleeve and bottom, discard ribbing.

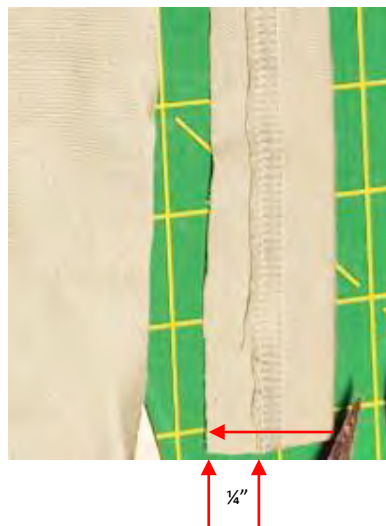


- 3) **Front opening:** Find the center of the shirt and measure down 3 ½-6 ½", as desired, make a mark there and at the bottom center. Fold shirt in half on the marks, moving the rest of the shirt out of the way. Smooth it out and cut along the fold, creating the Front opening. While still flat, cut out the curved portion of the neckline beginning at the mark. Just cut a gentle curve.

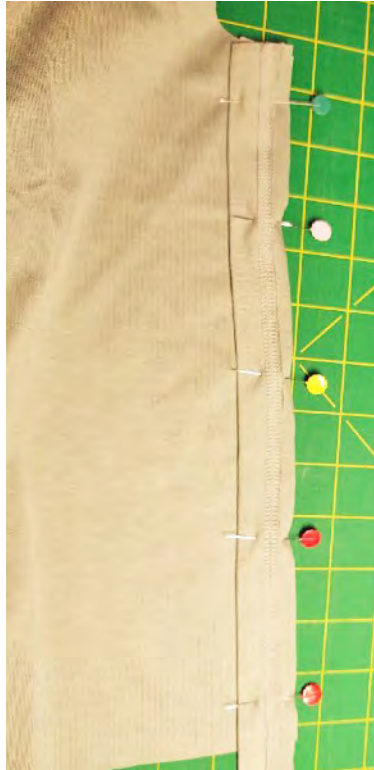


- 4) **Front facings:** Use the bottom of the shirt to make front facings.

- a. Cut off the side seams from the bottom piece. On each bottom piece, measure from the hem to ¼" past the hem stitching and trim.



- b. Trim the two facing pieces to the length of the front opening. Pin facings right sides together to the front edges. Stitch a ¼" seam on both facings using the recommended stitch width setting. Press seams toward sides of Cami.



- c. Starting with the left side, place rough part of Velcro on top of the facing. Clips are recommended to hold Velcro while stitching. Stitch around the piece of Velcro. Next on the right side of Cami clip the soft part of the Velcro to the **back** of the facing and stitch. Now you can overlap the front closure.

*Note in the image the pocket is already added- we will actually do that next!*

Soft side of Velcro

Rough side of Velcro

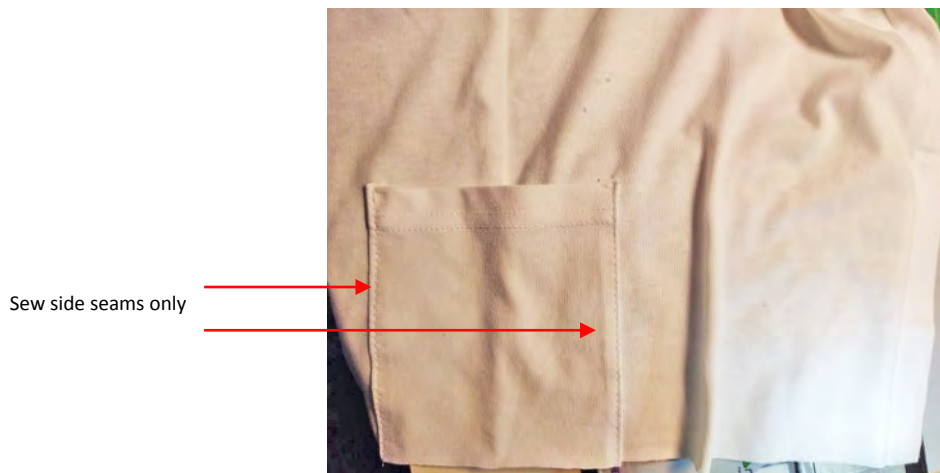


5) **Pockets:** Using one of the sleeves, you will cut two pocket pieces.

- a. Cut off the underarm seam so the sleeve will lay flat.  
Cut 2-5" squares.  
The hemmed edge is the top of the pocket.



- b. Press under  $\frac{1}{4}$ " on both **sides** of the pockets. Place pockets on the bottom edge of Cami centered on the side seams. Pin sides and stitch sides only.  
*We will sew the bottom closed in the next step.*



- 6) **Finishing:** Carefully stay stitch  $\frac{1}{4}$ " from the edge around neckline, armholes and bottom of Cami.  
\*Optional: turn under  $\frac{1}{4}$ " and stitch again.