

DIY Medical Gown Pattern

For Health Care Workers- PPE (Personal Protective Equipment)
One Size Adjustable

Materials List:

Fabric: Polyester blends preferred, but any will work! From 44" fabric you will need 2 1/4 yard for body and sleeves or 2 1/2 yards if you want to make neck and waist ties too. Bed sheets twin size and larger, flat and fitted (cut off elastic then cut into corners so sheet lies flat.) will work also.

Body and sleeves do not have to match! It doesn't have to be pretty, just serviceable!

Body Piece- (1) 57" by 44"

Sleeve Pieces- (2) 24" by 24"

Notions: 1/2" to 1" ribbon, seam binding, bias binding of various sizes or materials suitable for neck binding and waist ties (use what you have). Self-made ties required about 1/4 yard (one idea: cut (4) 2" strips 44" wide sewn together lengthwise, cut to length then turned.) Bias works best at neck.

Tie, neck- 55" long by 1/2" to 1" wide

Tie, waist- 85" to 90" long by 1/2" to 1" wide

Notes: Seams 1/4"

Edges- finish sleeve wrists, hem and center back edges with zig zag or serge.

Instructions:

Fig. 1 Cut Body piece on the fold 57" by 22".

Cut sleeves. Lay 2 pieces 24" by 24" right sides together. Top edge is the shoulder- 24", bottom edge is wrist -11" centered. Cut at an angle from shoulder to wrist on each side.

Fig. 2 -Refold gown body: fold outside edges toward center front, right sides together.

-Sleeve opening (armscye): Measure 1" in from top corners on each side and mark.

Measure down each side 11" and mark. Draw a line from mark to mark. You may curve the line as shown. Cut the sleeve

-Neck opening: Measure 9" across top center front and mark (4 1/2" is the center mark of 9").

Measure 3" down and mark. Use a plate to draw the neck circle as shown. Cut out neck.

Fig. 3 Lay gown out flat right side up. Spread one armscye (arm hole) completely open as shown.

Fig. 4 Lay one sleeve, shoulder edge to armscye (arm hole), right side of fabric down (right sides together). Ease the sleeve into the armscye (arm hole), pin and sew. It may pucker a little in the under arm area. Repeat on the other sleeve.

Not shown: Zig zag all exposed edges- wrists, hem and both center back edges.

Fig. 5 Refold gown inside out, right sides together. Pin sleeves from wrist to neck. Secure a few stitches at wrist, skip 2" secure a few inches more and continue sewing across sleeve and shoulder to neck. This creates a thumb hole for ease of putting gloves on.

Fig. 6 Turn gown right side out. Sew 55" neck tie into neck. Fold tie in half and pin at center front neck for placement. Sew 90" waist tie 15" down from center front neck. Fold tie in half, place centered at waist and sew a few inches as shown to secure in place. Finished!

Fig. 1 (below) Cut body and sleeves.

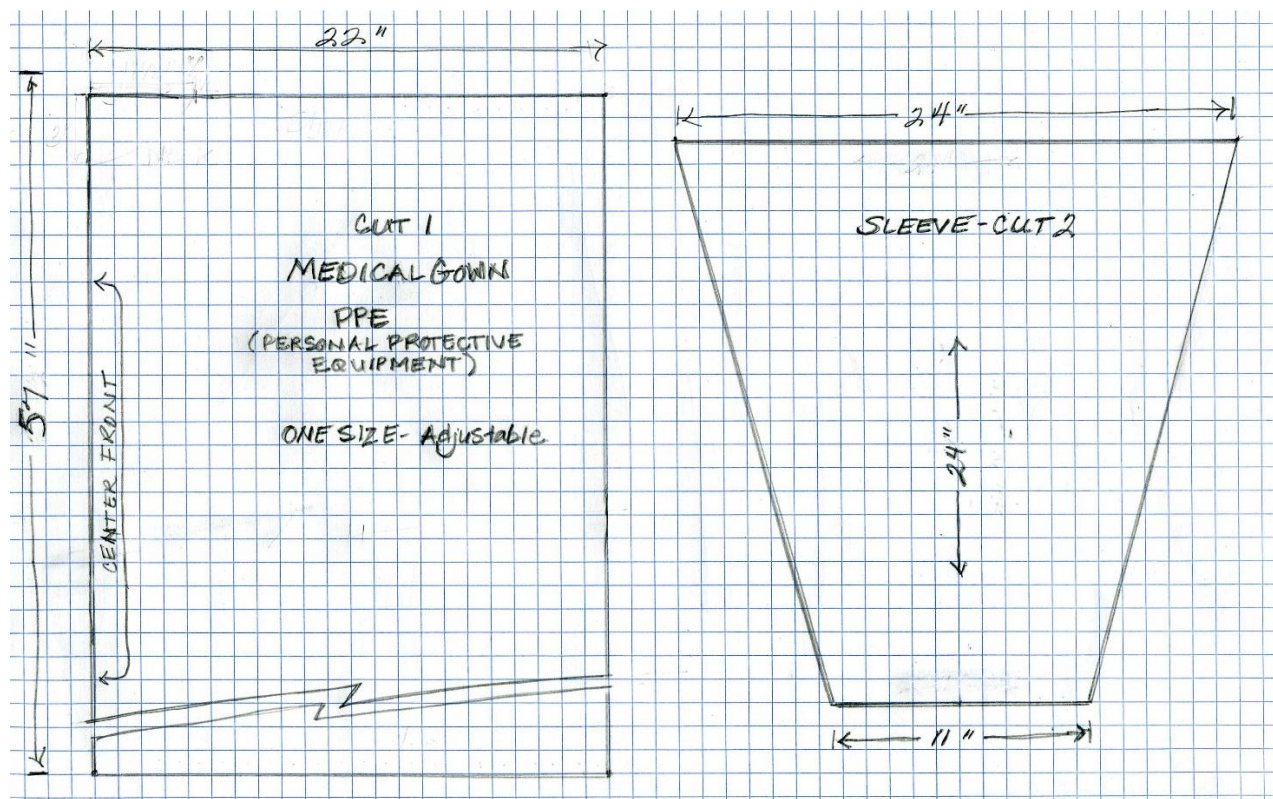


Fig. 2 (below) Refold Gown and cut armscye (sleeve holes) and neckline.

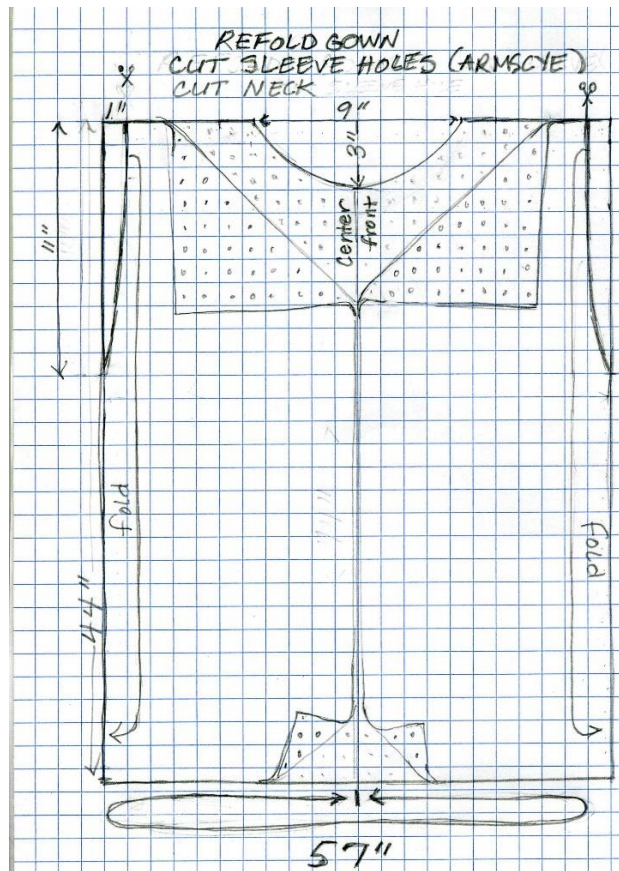


Fig. 3 (below) Armscye (arm hole) spread open.

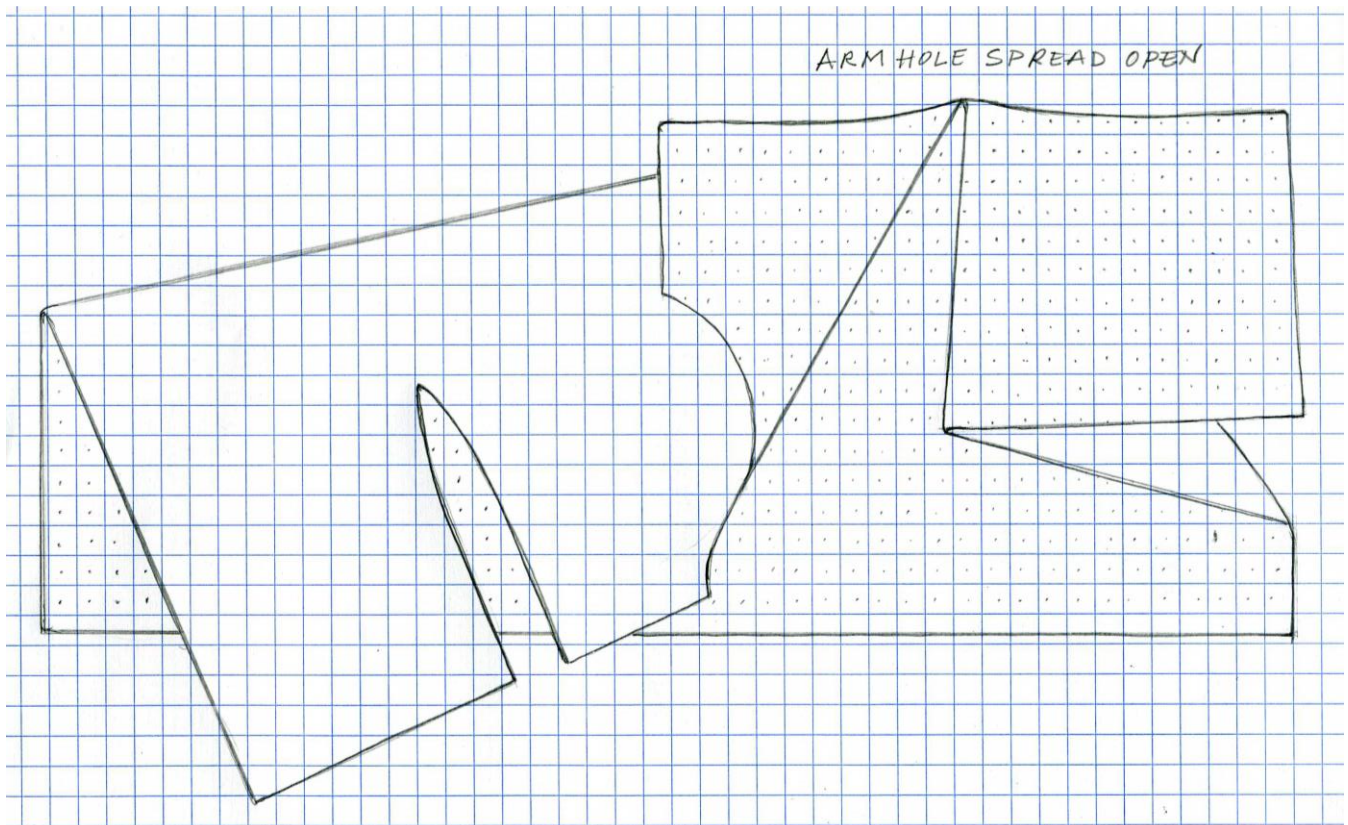
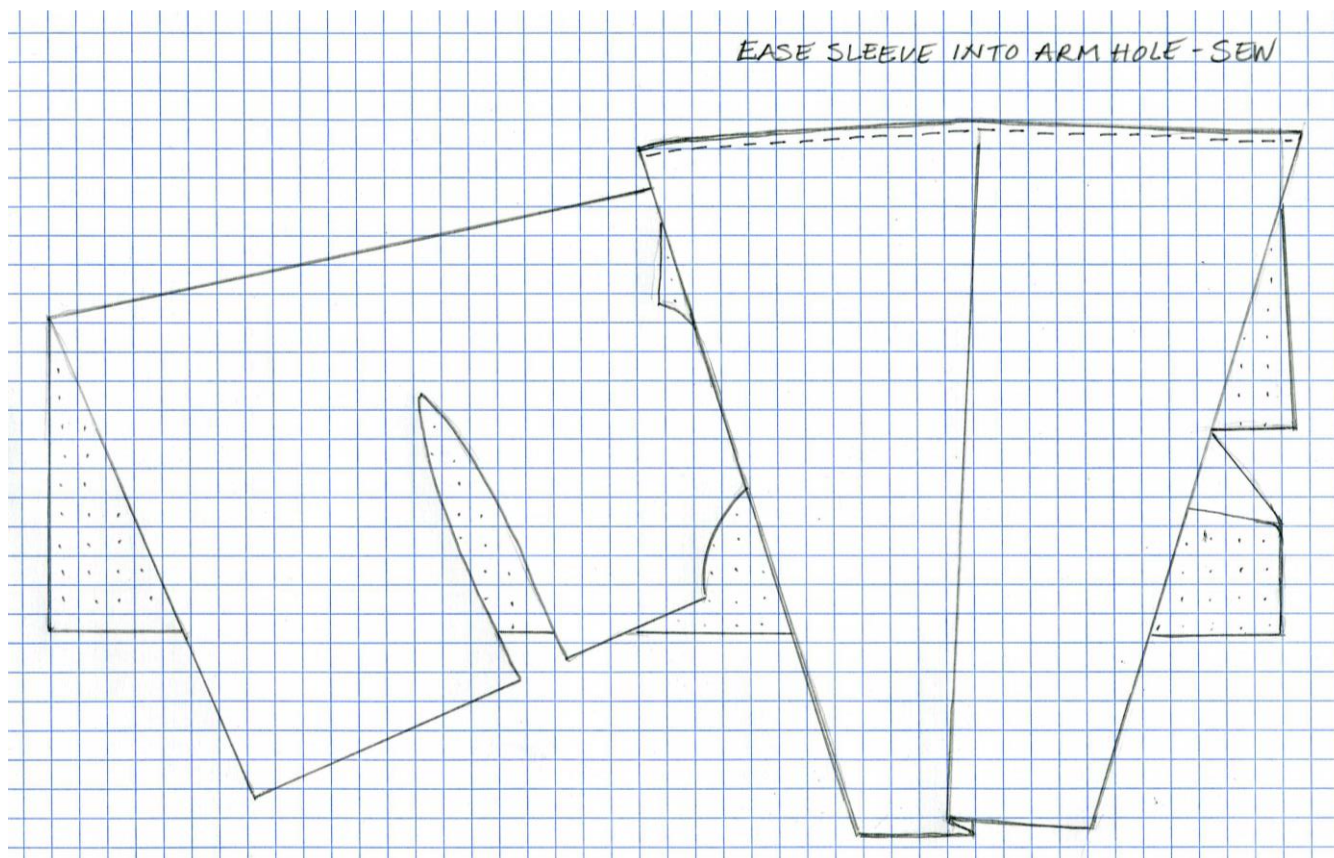


Fig. 4 (below) Ease sleeve into armhole and sew.



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Fig. 5 (below) Fold gown inside out and sew sleeves and shoulders.

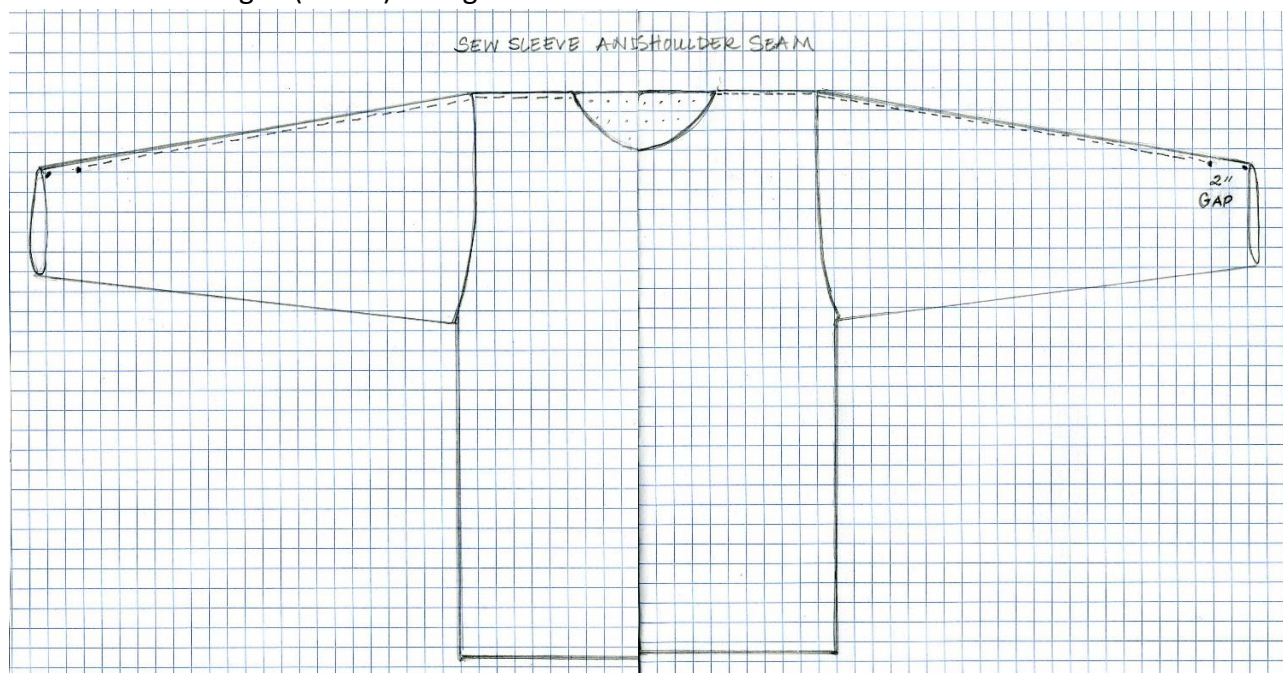


Fig. 6 (below) Sew neck and waist ties.

