

Surgical Cap - Sew and Serve

Materials:

PRINTABLE SURGICAL CAP PATTERN (Click to download - print at 100% scale)

100% cotton - 1/3 yd. x width of fabric (44"- 45") (pre-washed and dried)

Thread

Straight pins

fabric scissors or rotary cutter and mat

Sewing machine

Iron

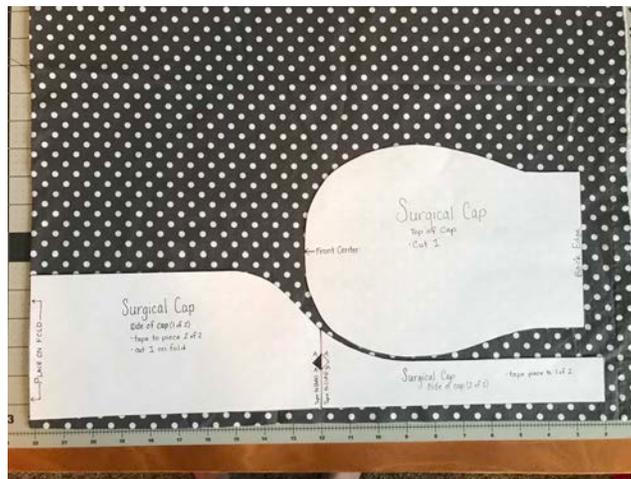
Optional:

Two buttons

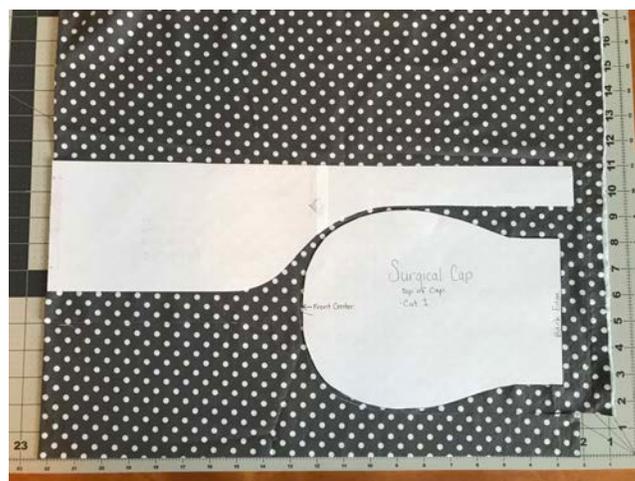
1/4" elastic - 3"

Step 1:

After printing your pattern, cut out the pattern pieces and tape **Side of Cap** pieces (1 of 2 and 2 of 2) together where indicated (A). Give your fabric a quick press to remove wrinkles, then fold in half so the selvages meet. Lay out pattern pieces as pictured below, and cut.



To cut two caps at once, flip your side piece up and cut a second side piece (as pictured below). You will be able to make two caps out of about 1/3 yd. of fabric.



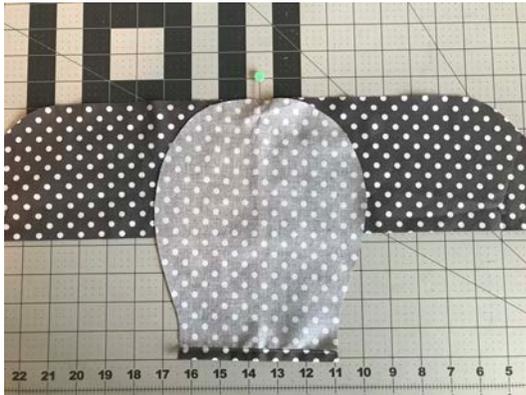
Step 2:

Fold over the flat edge of the **Cap Top** piece 1/4" to the wrong side and press, then fold another 3/8" and press. Sew a straight line across this folded edge.

Optional (not pictured): If you are using elastic in the back for a closer fit, thread it through this opening and baste at each edge.

**Step 3:**

With right sides together, line up the center front of the **Cap Top** and the **Cap Side** and pin. Continue pinning along the curved edge of the **Cap Top** all the way around each side.

**Step 4:**

With a 3/8" seam allowance, sew with a straight stitch all the way around, backstitching at the beginning and end of the seam.

Finish this seam with a zig zag or overlock stitch: Start and stop sewing a few inches before and after the curved part of the side piece.

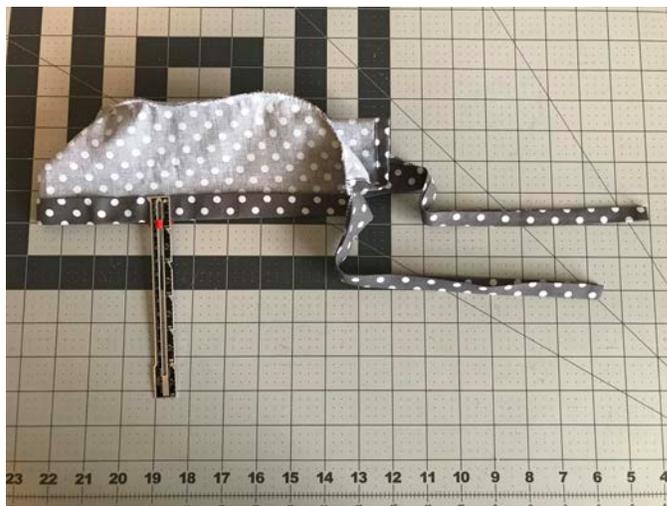
**Step 5:**

Starting at the end of the ties, fold over the raw edges of the side piece by 1/4 " toward the curved **Cap Top** piece and press. Fold over the raw edges of the bottom of cap and ends of ties by 1/4" and press.



Step 6:

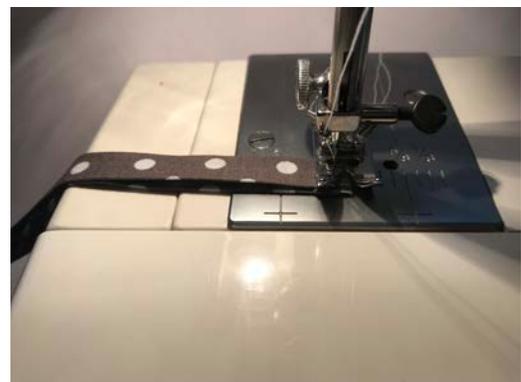
Fold the bottom of the cap side piece up to meet the top folded edge, press and pin in place, gradually increasing the seam to 3/4" toward the front of the cap.



Step 7:

Beginning at the end of one tie, with the open edge facing towards you, sew along the open end of the tie, then along open top edge of the tie piece.

Start sewing down one open end of the tie. Continue along the open top edge of the tie until you get to the curved edge.



Step 7 Continued:

When you get to the curve, sew up the curve as far as the hem at the back of the top piece, with needle down in the fabric, pivot cap to sew back down the curve until you meet your original stitching line (see photo).



Pivot your cap (with needle down) and continue sewing around the entire hem of the cap (as indicated by the white thread line in picture) until you get to the curve on the other side of the cap. Veer off again to sew this one the same way you did the first one.



This shows what the stitching looks like on the right side of the cap. It reinforces the part of the cap that gets the most stress when it's tied up.



Optional: Add a stitching with a 1/2" seam allowance along the front to secure in place

second line of



Optional: Add buttons to the outside back of the cap - this gives medical staff a place to hook their masks, which gives their ears a break.

You're done!

Pattern modified and adapted from
Twelve Bees

