

# How To Make a Surgical / Procedural Gown



WATCH THE FULL VIDEO TUTORIAL AT:

[www.youtube.com/nicoleherrick](http://www.youtube.com/nicoleherrick)

## SUPPLIES NEEDED

- 3 metres / 120 inches 100% Cotton fabric  
(MUST BE PREWASHED IN HOT AND PRE SHRUNK)
- Approx 45cm / 18 inches elastic for cuffs
- Approx 75cm / 30 inches bias binding
- Scissors
- Sewing machine
- Paper for pattern

## STEP 1

Print or freehand draw the pattern.

**To print:** Download the free pdf pattern and save it to your computer. Open the file and go to PRINT. In the print settings, find the option to TILE pages. Choose your paper size and print. Be sure to count how many rows across and columns down the preview shows you. Once printed, lay the pages down in order and tape together. Cut out your desired size.

**To freehand:** Tape together sheets of paper eg newspaper. The overall size you need is 1x1.8m or 40x70 inches. Use the measurements on the pattern pdf to draw the pieces then cut out. You only need to draw the size you wish to make. Use the colour codes.

## STEP 2

Fold the fabric over, right sides facing each other, to be able to cut 2 of each pattern piece (except for the ties). Align the straight arrow on the pattern with the straight edge of your fabric. The front and sleeves need to go on a fold.

## STEP 3

Lay the front and back down, facing each other. Pin and sew the shoulder seams together, then overlock (serge).

## STEP 4

Lay the neck seam out flat and sew binding to the inside edge by stitching along the inner fold. The fold over the front and stitch along the edge to seal. Refer to the video for this part.

## STEP 5

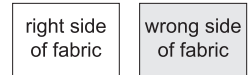
Flatten out the front and back, right side facing up. Pin 1 sleeve right side down centering on to the shoulder seam line. Align and pin the first half along the edge, this takes some manoeuvring as the curves are opposite. Just go slowly and inch each piece together. Sew the first half then use your hands to pull the second hand into alignment. Do this for both sleeves. Then overlock these edges. Also overlock the cuff edge.

## STEP 6

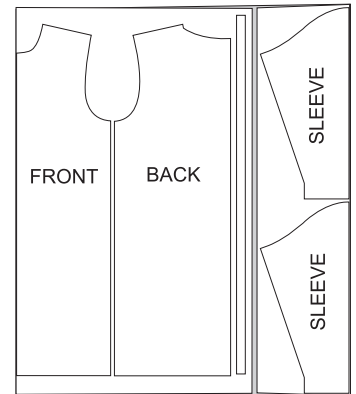
Fold the tie in half longways and sew all the way along. Turn the tie inside out then top stitch the seam. Cut into 4 pieces.

## STEP 7

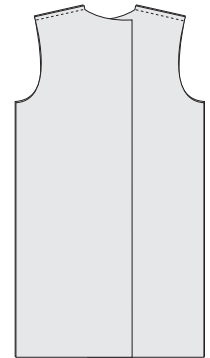
Now we sew the sleeves and sides up. Lay the front and back pieces facing each other and pin. Measure 20cm (8 inches) down from the left armpit and pin 1 strap in between the layers, Sew each side then overlock.



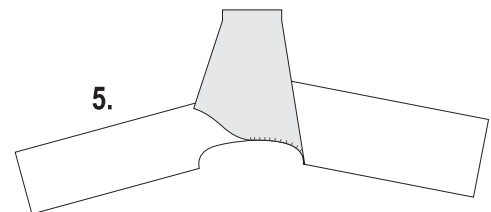
2.



3.



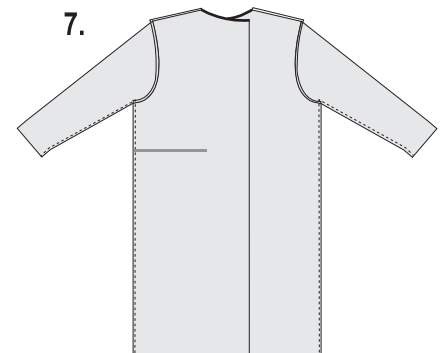
5.



6.



7.



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## STEP 8

Overlock the back edges, bottom edge.

## STEP 9

Fold the cuffs up 1cm / 3/8in and sew leaving a small gap to thread elastic through using a safety pin. Elastic lengths are 20cm / 8 in for small and medium. 25cm / 10in for large and extra large. Thread the elastic and sew closed.

## STEP 10

Sew a double hem (folded twice) along the back edges and bottom edge.

## STEP 11

Add the remaining 3 ties. With the gown in the right way and back facing towards you. Sew on:

1 on the back left piece top corner.

1 on the other side of the back top approx 5cm / 2in out from the corner.

1 on the left mid back, measure 20 cm down from the armhole edge then follow across to back opening.

## STEP 12

Rewash on hot, iron and place in a sealed bag ready for the medical staff.

11.

