

## SOFT LIGHTWEIGHT KNITTED BREAST PROSTHESIS (July 2015)

### **NEVER A CHARGE - ALWAYS FREE TO RECIPIENTS**

**Volunteers provide all material and their expertise**

YARN: Any soft acrylic yarn, any color, baby, sport or worsted weight, 1-50 gr skein. Approximate gauge of 6 sts. per inch. If you need to buy yarn CARON SIMPLY SOFT is recommended; otherwise use whatever soft acrylic you have. No nipple is preferred by most women. Beginning with 3 knit rows makes a small nipple, but if you want to make a no nipple prosthesis, just cast on the first 3 stitches and begin the increasing rows.

Adjust needle size to yarn. Finished sizes are approximate depending on the type of yarn used, needle size, and your tension, so the number of stitches per cup is just a guide.

1 set (4 needles) Size 6 (3.75mm), Size 7 (4mm) or Size 8 (5mm) Double Pointed Needles, One Large Tapestry Needle. Fiberfill. OPTIONAL: Stitch marker.

Using 1st double pointed needle and yarn, cast on 3 stitches, leaving a 6 inch tail.

1st row: Increase (knit once into back of stitch, and again into the front of the same stitch, or front then back, whichever is easiest for you) in the first stitch. Now you have 2 sts on the right hand needle. Slide them to the middle of the needle. With each of the next two doublepointed needles repeat row one. You will now have 2 stitches on each of the 3 needles.

Holding the 3 needles in a U shape ( | | ) with the ball yarn on the right hand needle join to knit in the round. With the 4th needle knit the first st on the left hand needle, taking care not to twist. Pull this stitch a little tight to avoid loose yarn between needles.

Start knitting in the round:

Continue knitting in rounds from left needle to the right, increasing one stitch per needle in the last stitch on each needle.

Tip: After the first few rounds, (f.ex. 8 sts on each needle) place a marker, a bit of colored yarn, or the cast-on tail to mark the beginning of the next round. This way you don't need to continuously count stitches, until you get close to the size you're aiming for. Then you only need to count the stitches on the needle before the marker. You can remove it at the purl rows.

|           |   |   |
|-----------|---|---|
| Knit for: | A Cup 15 - 17 stitches <u>on each needle</u> (Total 45-51 stitches) | very few needed in this size                      |
|           | B Cup 18 - 20 stitches  | (T 54-60) only a few needed in this size          |
|           | C Cup 21 - 25 stitches  | (T 63-75) this appears to be a much needed size   |
|           | D Cup 26 - 30 stitches  | (T78- 90) this appears to be the most needed size |

When the desired number of stitches have been reached, purl one row even without increasing or decreasing.

Purl another row decreasing at beginning and end of each needle. This makes the back slightly smaller than the front and the corners less pointed.

Now knit all remaining rows, decreasing by (k2tog) on the last two stitches on each needle, essentially reversing the front shaping. (You will now have what seems like a triangular "thingy", that in no way resembles a Bosom, but don't despair, it will work out!) Stop when you have 15 sts left, 5 on each needle. Cut the yarn, leaving an 8" tail. Thread the tail through the remaining sts. (The easy way to do this is to **KNIT A STITCH, BUT INSTEAD OF PLACING IT ON THE RIGHT HAND NEEDLE, PULL THE YARN THROUGH THE STITCH AND KNIT THE NEXT STITCH, PULLING THE YARN THROUGH, UNTIL ALL STITCHES ARE DONE, AND THE CUT YARN HOLDS ALL THESE STITCHES.** Or use a tapestry needle to pull yarn through all remaining stitches. Leave this hole open for fiberfill to be inserted.

Thread the tail from the starting point, center front, to the inside. You can use it to firm up any loose stitches, and there's no need to cut the yarn, you can leave it to be part of the filling inside.

Now, stuff fiberfill through the hole in the back side. We leave the hole open for adjustment, in case more or less fill is needed, and when finished, draw the stitches closed and secure. The back of the prostheses should not be "filled-in" but be "concave." This is accomplished by tacking the end thread through the "nipple" with a few stitches and then leaving the yarn inside to be part of the filling. The bosom itself should be soft and pliable.

It is recommended, that a small safety pin be used to anchor the prostheses in the bra cup if necessary. - It has come to our attention that some safety pins RUST in salt water, so Velcro is recommended for salt water swimming.

These prostheses are completely machine washable, air dry, and there is no need to remove the filling before washing.

Edited **JULY.2015** (T.C.)