

Crocheting for Comfort



Crochet Instructions

Crocheted Cleavage is my Girl Scout Gold Award Project and is a set of two crocheted breast prostheses that are very comfortable, light weight, and soft alternatives to typical breast prosthesis. These are for women who have undergone mastectomies or lumpectomies. They can be worn with any regular bra and are machine washable.

Material Note: The softer the yarn, the better, since the crocheted cleavage will be on a sensitive part of the body due to surgical scarring, radiation, etc. If you choose to use acrylic yarn, the Crocheted Cleavage can double as swimwear. However, acrylic yarn is not the most comfortable for everyday wear. The best yarn color options are pastel or neutral colors. However, if you don't have enough of one color to finish a breast, feel free to finish with a complimentary color using the same type of yarn. Also, if you get bored with the flesh/pastel tones, make a creative, bright pair if you'd like.

*Note: *I Love this Cotton* from Hobby Lobby is too heavy and becomes stiff after being washed and thus is not recommended for this project.

Sizing is a bit of an art. Looser crochet will stretch more when stuffed. The most important thing is that all pairs are the same size (same number of stitches). About 75% of requests are for sizes B and C, which is primarily why my project will focus on those two sizes, however I have also included instructions for size A.

Abbreviations:

Ch = Chain

Pm = Place Marker

Rnd = Round

Sc = Single Crochet

Rep = Repeat

Inc = Work 2 Sc in next Sc

Dec = Work 2 Sc together

Using worsted weight yarn (4) and size G crochet hook

Gauge: 3 sc and 3 rows = 1 inch

To form a magic ring, leave approximately 6" of "tail" wrap yarn around the index finger twice and work the desired number of Sc over both strands. When complete, pull up the tail to close the ring. Continue to work in the round from here.

These prosthetics are crocheted in a continuous spiral. Move markers up as you go.

A Cup: Front

Form a magic ring.

Rnd 1: Work 6 Sc in ring. Close ring.

Rnd 2: Inc in each Sc around. (12 Sc)

Rnd 3: (Work 2 Sc, Inc in next 2 Sc, Pm) 3 times (on the last repeat, use a different colored marker.) (18 Sc)

Rnd 4: (Work 4 Sc, Inc in next 2 Sc) 3 times. (24 Sc)

Rnd 5: (Work 7 Sc, Inc in next Sc) 3 times. (27 Sc)

Rnd 6: (Work to 1 Sc before marked Sc, Inc in next 2 Sc) 3 times. (33 sc)

Rnd 7: (Work to marked Sc, Inc marked Sc) 3 times. (36 sc)

Rnd 8: (Work to 1 Sc before marked Sc, Inc in next 2 Sc) 3 times. (42 sc)

(Stuffed diameter equals 4.5" across)

Work 2 Rnds even through the back loop only. Moving stitch markers up each row. (42 sc)

B Cup: Front

Form a magic ring.

Rnd 1: Work 6 Sc in ring. Close ring.

Rnd 2: Inc in each Sc around. (12 Sc)

Rnd 3: (Work 2 Sc, Inc in next 2 Sc, Pm) 3 times (on the last repeat, use a different colored marker.) (18 Sc)

Rnd 4: (Work 4 Sc, Inc in next 2 Sc) 3 times. (24 Sc)

Rnd 5: (Work 7 Sc, Inc in next Sc) 3 times. (27 Sc)

Rnd 6: (Work to 1 Sc before marked Sc, Inc in next 2 Sc) 3 times.

Rnd 7: (Work to marked Sc, Inc marked Sc) 3 times. (36 sc)

Rnd 8: (Work to 1 Sc before marked Sc, Inc in next 2 Sc) 3 times. (42 sc)

Rnd 9: (Work to marked Sc, Inc marked Sc) 3 times. (45 sc)

Rnd 10: (Work to 1 Sc before marked Sc, Inc in next 2 Sc) 3 times. (51 sc)

(Stuffed diameter equals 5" across)

Work 2 Rnds even through the back loop only. . Moving stitch markers up each row. (51 sc)

C Cup: Front

Form a magic ring.

Rnd 1: Work 6 Sc in ring. Close ring.

Rnd 2: Inc in each Sc around. (12 Sc)

Rnd 3: (Work 2 Sc, Inc in next 2 Sc, Pm) 3 times (on the last repeat, use a different colored marker.) (18 Sc)

Rnd 4: (Work 4 Sc, Inc in next 2 Sc) 3 times. (24 Sc)

Rnd 5: (Work 7 Sc, Inc in next Sc) 3 times. (27 Sc)

Rnd 6: (Work to 1 Sc before marked Sc, Inc in next 2 Sc) 3 times.

Rnd 7: (Work to marked Sc, Inc marked Sc) 3 times. (36 sc)

Rnd 8: (Work to 1 Sc before marked Sc, Inc in next 2 Sc) 3 times. (42 sc)

Rnd 9: (Work to marked Sc, Inc marked Sc) 3 times. (45 sc)

Rnd 10: (Work to 1 Sc before marked Sc, Inc in next 2 Sc) 3 times. (51 sc)

Rnd 11: (Work to marked Sc, Inc marked Sc) 3 times. (54 sc)

Rnd 12: (Work to 1 Sc before marked Sc, Inc in next 2 Sc) 3 times. (60 sc)

(Stuffed diameter equals 6" across)

Work 2 Rnds even through the back loop only. . Moving stitch markers up each row. (sc)

Back (All Sizes):

Rnd 1: (Sc2tog, Sc to 1 before marked Sc, Sc2tog) 3 times.

Repeat Rnd 1 until you have approximately 15 Sc left.

Cut yarn leaving a 10" tail. Thread tapestry needle and weave through front loop only of 15 Sc.

Finishing the Crocheted Cleavage & Delivery:

You can stuff the Crocheted Cleavage prior to delivery, or you can deliver them without them being stuffed. If you choose to stuff them, please overstuff with Polyfil to allow for adjusting by the recipient. Pull tail to tighten and tuck the tail into the Crocheted Cleavage.

Whether stuffing the Crocheted Cleavage or not, please package each pair in an appropriate sized Ziploc bag and then please contact my Troop Leaders at guthrietrop516@gmail.com or message me through the Crocheted Cleavage Facebook Group at:

<https://www.facebook.com/groups/gscrochetingforcomfort> to arrange for delivery.

Thank you for your help with my project and for helping women affected by breast cancer!