



## Surgical hats for patients in the Pediatric Surgical Unit!

These hats should be made from cotton fabric that is pre-washed. **\*No glitter fabric or flannel, cotton only please.** In addition, as much as possible, the finished product should be free from household smells. Fabric patterns that are popular include: Trolls, Disney, Paw Patrol, sports, Dr. Seuss, puppies, kitties, Harry Potter, Ninja Turtles, superheroes, Thomas the Tank Engine, cars/trucks, and My Little Pony. If you have any questions, please call the pre-surgical child life specialist at 718-470-3005 or email Katie Deitz, MS, CCLS at [kdeitz@northwell.edu](mailto:kdeitz@northwell.edu) .

**\*\*\*\*Please pre-wash fabric BEFORE cutting and sewing the hats.\*\*\*\*** (The hats are washed at high temperatures by the hospital prior to being given to patients for infection control reasons and this can cause the hats to shrink significantly. Hats are less likely to shrink as much if the fabric has been pre-washed.)

### To create the hats:

Cut one circle (dimensions below).

Use elastic around the edges to create a bouffant hat.

#### Toddler/Pre-school age size:

Diameter: 20  $\frac{3}{4}$  inches

Elastic: 19  $\frac{1}{2}$  inches long of  $\frac{1}{4}$  inch in width

Hem:  $\frac{1}{2}$  inch around

#### School age/adolescent size:

Diameter: 22  $\frac{3}{4}$  inches

Elastic: 21  $\frac{1}{2}$  inches long of  $\frac{1}{4}$  inch in width

Hem:  $\frac{1}{2}$  inch around

