Surgical Gown Step by Step

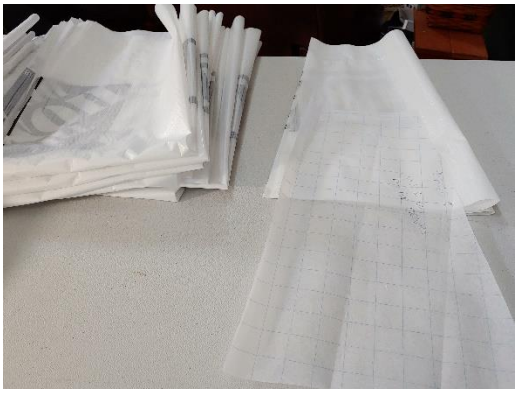
Each roll will make 10 plus gowns. It is easiest to do this in batches. Use tape to mark your cutting table at 42” and 23” to make cutting faster. You can use scissors but a rotary cutter will help tremendously. A sharp rotary blade will cut through multiple layers.

** A heavy needle such as a denim or leather needle is helpful when sewing the elastic and ties to the gown

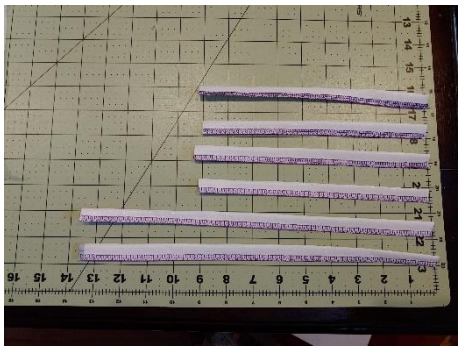
1. Cut 20 front and back blanks at 45” with scissors or rotary cutter. Photo Below
2. Cut 10 sleeve blanks at 22.5” with scissors or rotary cutter. Photo Below
3. Cut 20 ties at 1.5” x 36” using a rotary cutter. Photo Below

Mark table with tape 22.5” and 45” space, open roll and cut with paper scizzors

Fold 22.5” blank in half long way and in half again, this will cut both sleeves at once.



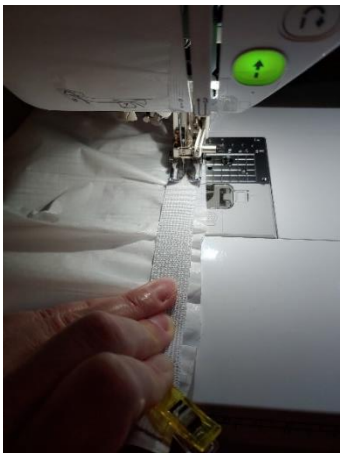
On the 45” blanks, cut the fronts on the fold for one large piece, the backs will be 2 pieces.



Fold all 1.5” tie pieces in half, serge and cut each into four 9” pieces and two 13.5” pieces. Set aside.

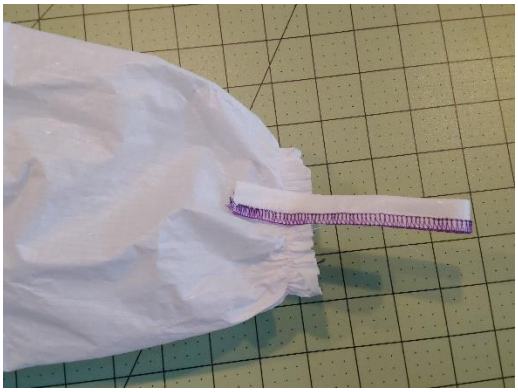
Placing right sides together, clip all 10 gowns at the shoulder seams. If you don’t have sewing clips, bag clips work well or pin if needed, making sure to pin sideways inside the seam allowance so as not to puncture the body of the gown.

Serge across all shoulder seams. Stack and set aside.



Cut elastic at 7 inches, clip to the inside of the sleeve about ¼ inch from each edge. Zig zag down the center of each elastic pulling both front and back to stretch to the width of the sleeve, you will have to gather the fabric slightly as you go. This is my preffered method as you can do all the sleeves at once and then add to the gown but other ways work just as well.

Alternately, you can create a casing and add the elastic or add the elastic at the end by marking ¼’s on both the sleeve and elastic and zig zagging.



At thumb loop mark, zig zag the loop on the outside of the gown going through both pieces of the loop, the gown and the elastic. If you do not have elastic, stitch on the outside of the gown running a zig zag from the edge of the sleeve to the edge of the loop.

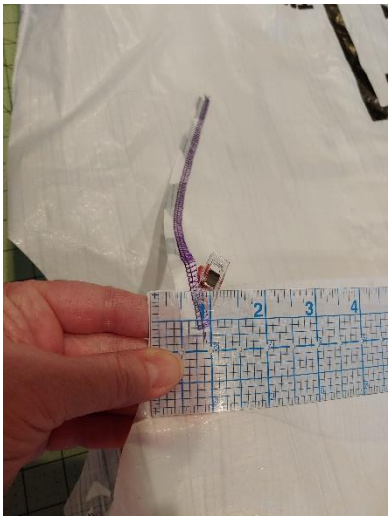
Open the gowns, right side down and clip the sleeves on, matching the center top of the sleeve to the shoulder seam. Serge across the shoulders attaching the sleeve.

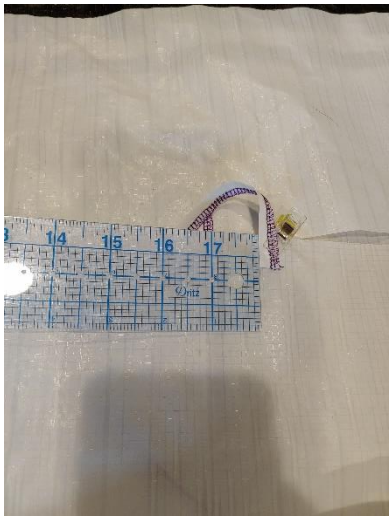
Clip the sleeve together matching the seam and the cuff. Starting at the cuff, serge up the sleeve and all the way down the side seam attaching the fronts and backs of the gown.

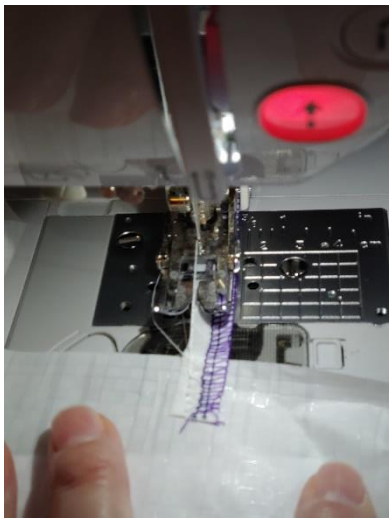
***When serging the cuff be sure to line up the fabric so the needles catch the elastic securing the sleeve but doesn't run the elastic under the knife.

At the cuff and hem be sure the tie off your threads, either running over it with the serger or leaving a longer thread to tie a knot.

Turn gowns right side out. Clip ties to right side on both back pieces of fabric the 9” pieces at ½ “ down from the top and the 13.5” pieces 18” down from the top.







Attach ties to the gown with a zig zag stitch.

Completed gowns!

Thanks Sew Much!!!