

Bouffant Surgical Cap

Make sure you print the pattern pieces at 100% for adult size.

To make sure you printed it at the right size, the long edge that you place on the fold should measure 17" (for adult). If you want to make it for a child, 90% would be a good percentage.

(If you use Windows 10, make sure you open the file in Adobe Acrobat. If you are trying to print from a phone or tablet, you may not be able to print at the correct size. Using a computer will give the best results.)

To assemble the pattern pieces (A), match the symbols. The lines should be on top of each other.

Materials:

2/3yd of fabric will make 2 caps (directional fabric)

Small piece of woven interfacing

6" of 1/4" elastic

Interfacing:

When I made my prototype, I only interfaced 1/2 of the band. I prefer the look of the whole band being interfaced. If you use a light woven interfacing like SF101, it won't be too bulky and will add nice body to the band. I recommend woven so that it doesn't "crinkle" like non-woven can. Woven acts more like fabric and I like that. If you want to trim the interfacing to keep it from the edges, that's fine, but it isn't necessary.

I had the best of intentions to take pictures and include them in this instruction sheet, but I got so engrossed in making the video, that I forgot... As an alternate, I have included the time intervals where I show the steps in the video. I think if you watch the video all the way through, even just once, the steps will speak for themselves. It's a very simple, straightforward pattern in both design and in sewing method.

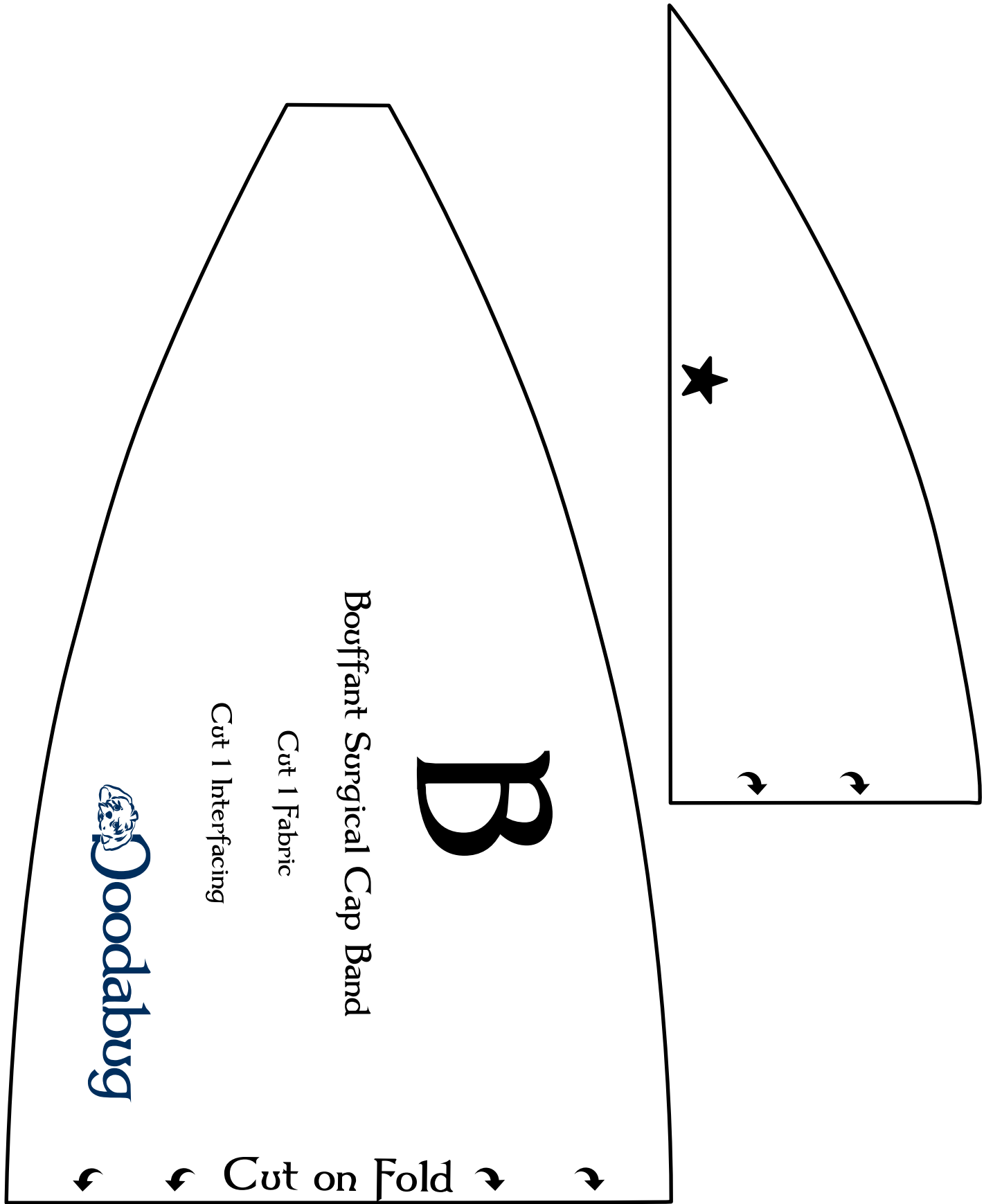
Here is the links to my YouTube videos:

Cap construction

Altering the pattern for long hair and FAQ's

Assembly:

1. Fuse interfacing to "B"
2. Fold "B" in half widthwise and mark centre (5:30)
3. Fold in half lengthwise and press (5:50)
4. Fold inside curve down 1/4" and press (6:10)
5. Fold "A" in half and mark top centre (7:50)
6. To give myself some references for making pleats, I marked every 1 inch on the wrong side around the curved part of "A", starting from the top centre and working my way each way from that centre mark (8:16). The precision of the marks is not going to make a difference in the success of your finished product, it's just a way to have a reference. You can also sew a gathering stitch and gather that curved edge as well, there is no right or wrong choice. I find it easier to put pleats in, it's just a personal preference.
7. Fold flat edge of "A" up 1/4" and press (10:40)
8. Sew box pleats closed making sure to stop 3/8" away from open edge (14:00) This is the "dot" placement.
9. Pin "A" to "B" forming pleats as you go (18:20). Sew and press.
10. Fold band in half and pin in place (25:15)
11. Topstitch at 1/8" around band.
12. Attach one end of elastic inside the bottom flat edge (30:45)
13. Attach opposite end of elastic (35:05)
14. Make sure elastic is encased in the fold on the bottom and sew the casing closed (38:20)



Bouffant Surgical Cap Band

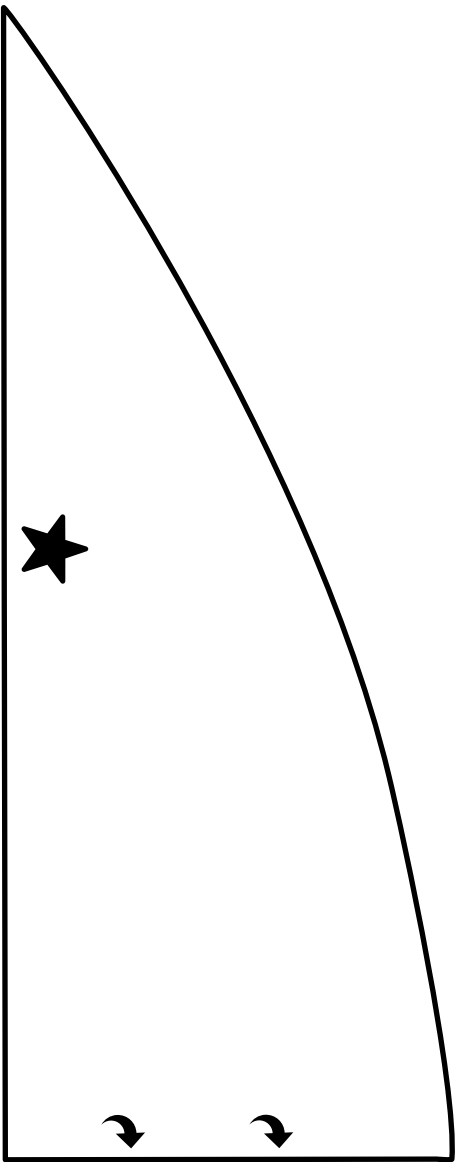
Cut 1 Fabric

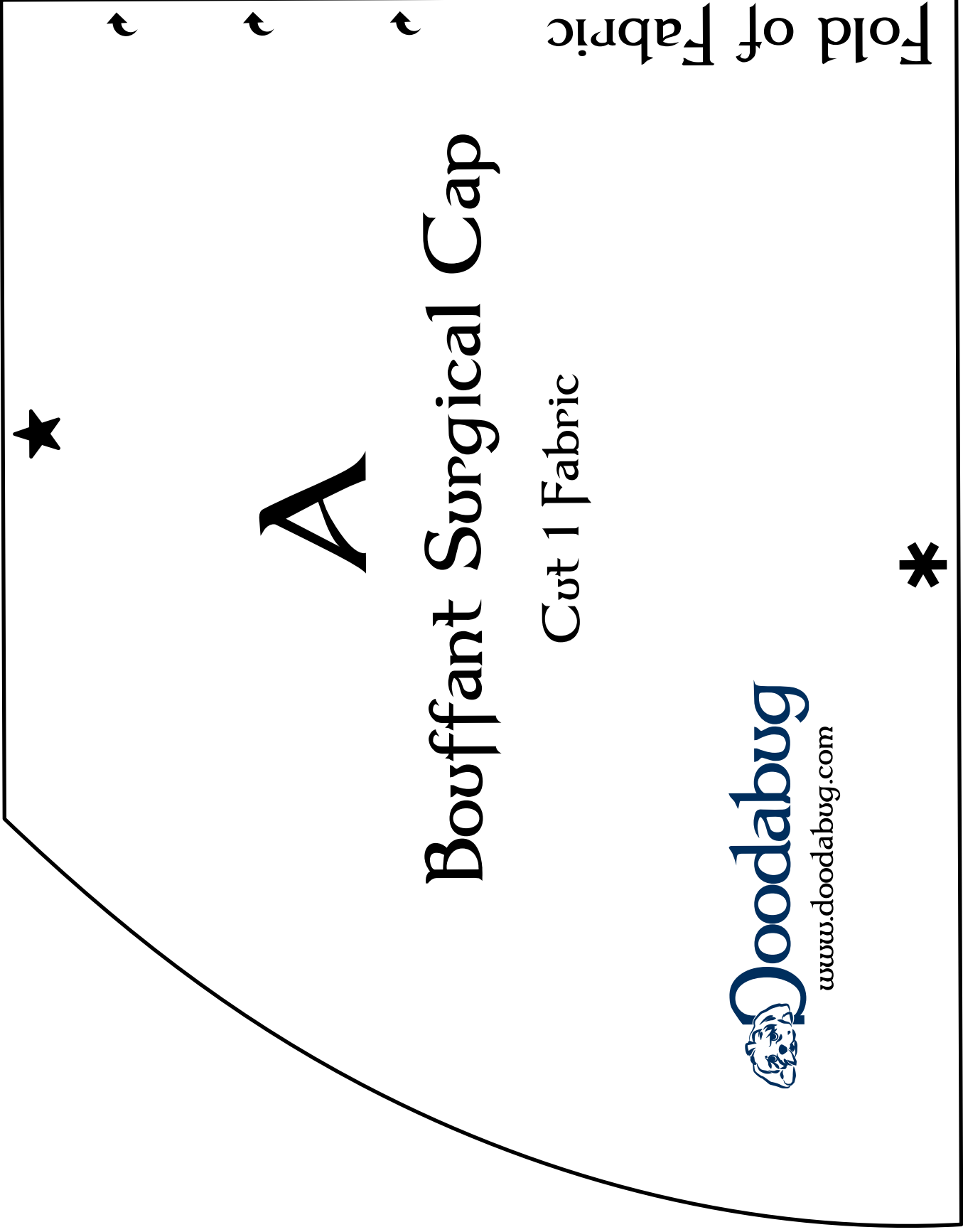
Cut 1 Interfacing



B

Cut on Fold





A

Bouffant Surgical Cap

Cut 1 Fabric

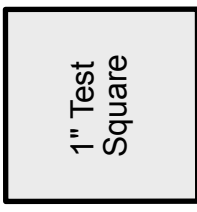
Fold of Fabric



Cut On



** For directional fabric, make sure the writing on the pattern and the images on the fabric are the same direction **



1" Test Square