



Fashion Product Development

## MEDICAL SCRUB TOP MAKE PLAN

09/04/2020

PATTERN CODES

SCRUBS-TOP-SIZE-XS

SCRUBS-TOP-SIZE-S

SCRUBS-TOP-SIZE-M

SCRUBS-TOP-SIZE-L

SCRUBS-TOP-SIZE-XL

### Materials

- 1M 50cm of 145cm wide fabric
- 1 reel thread cotton / polyester
- A4 printer paper (size XS-L = 24 pages | XL = 30 pages per pattern)

### Equipment

- Scissors
- Pins
- Chalk or pen
- sewing machine
- iron
- printer

### STEP 1 - Printing the pattern.

#### Test your printer settings.

Download and print the test-square-10cmx10cm pdf from the following address. Measure the edge of the square if 10cm each side the printer is set up correctly and you can see the marks on the edge.

#### Correct

Now you can print the pattern using the same printer settings as the correct test square.

#### Incorrect

Check your printer settings ensure the following.

- scale is set to actual size or an equivalent option
- printing in portrait
- ensure that your margins are turned off.

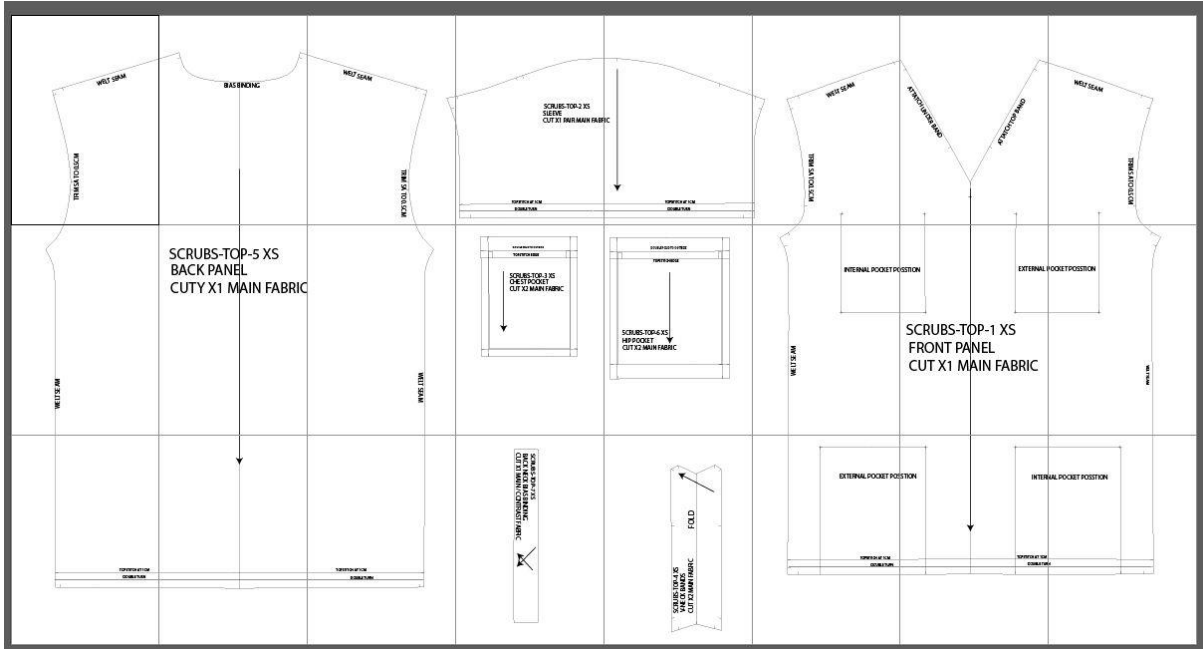
Once changed re-print the test square and measure ensuring 10cm each side. Then print the pattern ready for making.

## Step 2 – assemble pattern

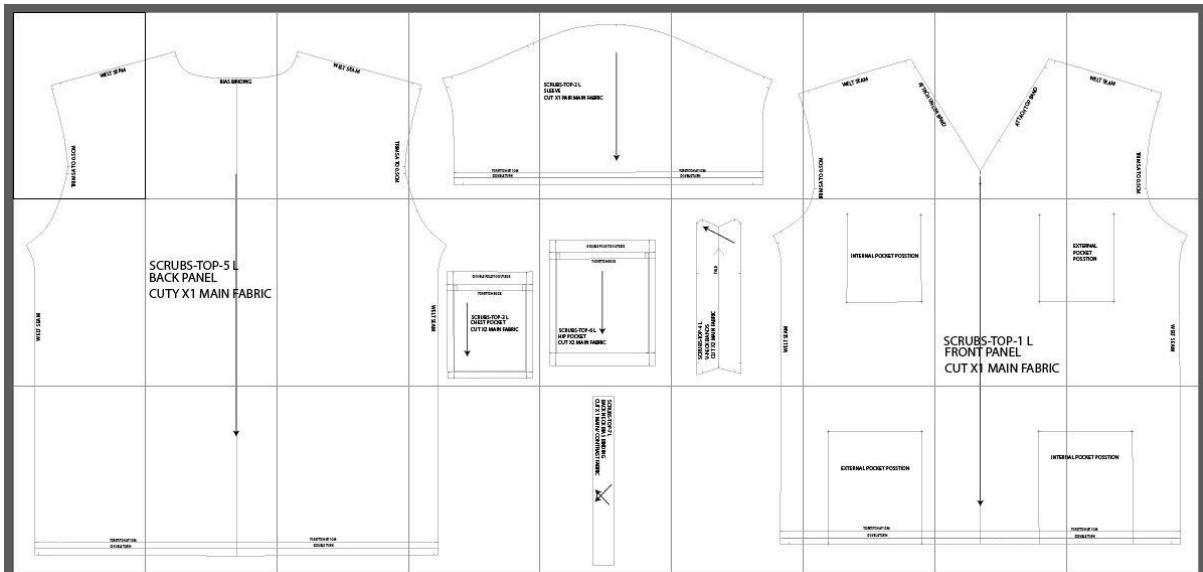
Using the marks on the edge of the paper line up and stick the pattern to make 1 large sheet of paper. Cut out your pattern pieces (three in total).

Please see images below to show you how the final pattern should look.

### SCRUBS-TOP-SIZE-XS



### SCRUBS-TOP-SIZE-S

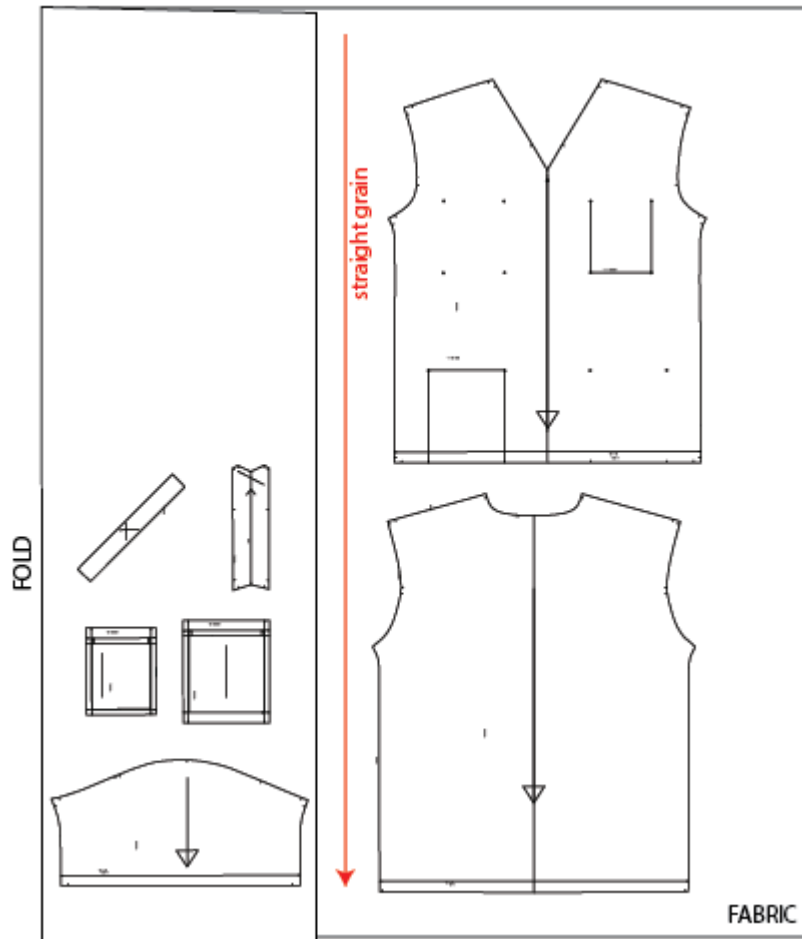




### **STEP-3 – Layplan**

Take your fabric and fold in half and arrange the pieces as the image below or best to fit the fabric without unnecessary waste.

Once the pattern is cut out transfer the pocket marking to the cloth and cut all notches and reference points.

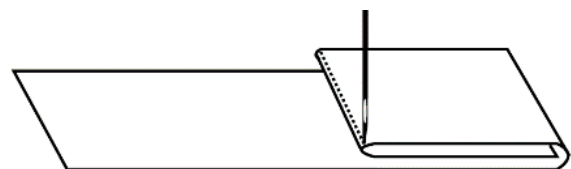


### **Step 4 – neckband**

Lay the underband (right hand neck as worn) and place along edge of neck. Place the top band and match the short edge on the under band side and sew at 1cm. turn to the top band and sew the long edge at 1cm and press flat. Edge stitch the neckline in place to secure. Place a stitch line across the front of the neck at the centre front to hold together.

### **Step 5 – pockets**

Take the pockets and press the top edge 1cm and then a further 1cm to create a double turn onto the outside of the pocket. Stitch along the bottom edge of the fold that you have just created (as image right).



### **For the chest pocket**

Press the remaining raw edges of the pocket in by 1cm. First the bottom then the sides. Line up on your markings and edge stitch the pocket in place. Ensuring both pockets are on the outside of the garment. Make a box at each end of stitch to secure pocket in place.

### **For the hip pocket**

Press the side raw edges in by 1cm and leave the bottom edge as it is. Line up with the hip markings and the raw edge of pocket and panel together and edge stitch in place creating a box to both top ends to secure the pocket in place.

### **Step 6 –Back neck binding**

Press the binding into half and then fold the edges in to create the binding. Attach this to the full length of the back neck curve, trim any remaining.

### **Step 7 – sleeve cuff**

Press the cuff edge in by 1cm and then another 1cm and edge stitch the cuff in place.

### **Step 8 – shoulder seams**

Sew the shoulder seams at 1.5cm seam allowance and press towards the back and trim the top seam allowance to 0.5cm. Fold the long seam allowance over the short seam allowance and press one more time to the front and top stitch the seam in place.

### **Step 9 – sleeves**

Seethe sleeve in place taking note of the notches (x2 for the back x1 for the front)

### **Step 10 – Side seams and underarm**

Sew nice sides of the garment together at 1.5cm seam allowance and press towards the back and trim the top seam allowance to 0.5cm. Fold the long seam allowance over the short seam allowance and press one more time to the front and top stitch the seam in place. All the way from the cuff to the hem ensuring the underarm cross matches.

### **Step 11 – Hem**

Using the iron fold the hem up by 1 cm and by another 1cm to create a double turn and topstitch in place to secure. Press for finish.

Disclaimer - This pattern is not fit for purpose and is NOT intended for commercial use. For commercial uses please contact us direct.

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