

# Isolation Gown Instructions

Read all instructions well and examine layout diagram carefully before starting.

Use a 5/8" seam allowance unless stated otherwise in the following instructions. Please make sure seams are secure if using a standard sewing machine use a 2.5 stitch length and finish seams with a zig zag stitch.

If using a serger/coverlock machine use a 3 or 4 thread over edge seam. Make sure your needle tension is tight enough so there is no separation of the seam or you can sew the seam on the sewing machine then finish the seam using your serger.

Please follow the layout diagram precisely or you will not get all the pieces needed for each gown out of the allotted 3.2 meters of fabric.

1. **Bias binding can be cut from the scrap fabric.** Use whatever method you are comfortable with to bind the neck line on the front piece of gown.
2. Sew the shoulder seams front and back of gown together matching arm edges. There should be an overlap at the center back. (Make sure the salvage edges are in the center back)
3. Sew the sleeve back to the sleeve front down the length of the sleeve this will be the top of sleeve.
4. Turn sleeve cuff and press 1/4", turn again 3/4" and press. Sew along the very edge of the last fold made to create a channel for the elastic. Using a safety pin or bodkin thread an **8.5" length of elastic** through channel securing at the ends with straight pins.
5. Pin the top of the sleeve matching the sleeve seam with shoulder seam. Sew sleeve to gown.
6. Now starting at cuff of sleeve sew across the elastic and back stitch to secure. Then continue sewing up the length of the sleeve turning at the armpit and sewing down the side seam of gown joining the back and front of gown.
7. For the bottom hem of gown turn and press 1/4" and press then turn 1/4" again and press. Stitch along last fold along the edge. **Because the backs were cut including the salvage edge there is no need to finish the two back edges.**
8. Fold over gown back neck edges so that the back neck line is finished.
9. **Cutting just one 2" x 49"** gown tie, cut in half then in half again. You now have 4 pieces measuring 2" x 12 1/4". Fold and press 1/2" on just one end of each 2" end of the 4 pieces. Then press in half lengthwise. Now take each raw edge one at a time without losing center crease press into the center. Sew all the way around on all folds. These are the ties for the back of gown.
10. Sew the ties in place on the back of the gown allowing for the overlap to hide the raw edge under the secured box stitching as shown here.

