



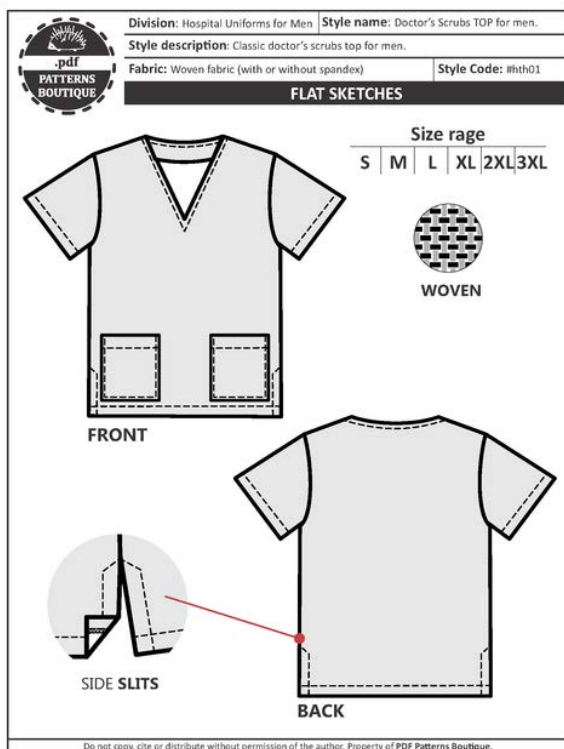
DOCTORS SCRUBS - STEP BY STEP

Mens Top Scrubs

Step by step guide with pictures on how to make the Mens Top Scrubs.

The XL size pattern was used in this example.

Prepared by Anne Smith



ERROR ON PATTERN PIECE

Pattern piece 'b' is the front piece NOT the back piece as printed on the pattern.

FOLLOW THE SEWING STEPS IN LINE WITH THIS GUIDE.

Division: Hospital Uniforms for Men | Style name: Doctor's Scrubs TOP for men.

Style description: Classic doctor's scrubs top for men.

Fabric: Woven fabric (with or without spandex) | Style Code: #hth01

GENERAL INFORMATION

Finished garment measurements

		Centimeters / (Inches)					
KEY	MEASURING AREA	S	M	L	XL	2XL	3XL
A	CHEST (complete circ.)	110 (43.3)	116 (45.6)	122 (48.0)	128 (50.3)	134 (52.7)	140 (55.1)
B	Full LENGTH	72 (28.3)	74 (29.1)	76 (29.9)	78 (30.7)	80 (31.4)	82 (32.2)

Fabric layout

a: BACK
b: FRONT
c: SLEEVE
d: POCKET
e: FRONT FACING (main + interfacing)
f: BACK FACING (main + interfacing)

S layout (smaller size)

3XL layout (bigger size)

NOTES:
* This pattern already has seam allowance.

Materials needed

- Main WOVEN fabric (with or without spandex)
- Fusile INTERFACING

Sewing steps

- 1) Use fusible interfacing on front facing and back facing. Use an iron to fuse interfacing.
- 2) Sew front facing to back facing (shoulder seam).
- 3) Serge facing (front and back together).
- 4) Serge all other pieces. See details "A1".
- 5) Sew pockets upper hem (hand opening). See details "B".
- 6) Iron pocket seam allowance to the inside (follow notches on the pattern). See details "C".
- 7) Sew pockets on top of the front piece. See details "C1" (3 cm from lower hem and 3 cm from side seam)
- 8) Sew front to back (shoulder seam).
- 9) Sew sleeves to armholes (sleeve cup to open armhole. No side seams yet).
- 10) Sew side seam (both sleeve & body side-seam). Sew until side slit. See details "D".
- 11) Iron slits open following lower notches on the pattern.
- 12) Before sewing slits, sew bottom hem. See details "G".
- 13) Sew slits. See details "F".
- 14) Sew sleeves hem. See details "E".
- 15) Sew facing to the neckline. See details "H1". Cut some notches, fold to the inside and lockstitch. See details "H2".

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STEP 1:

FUSIBLE ON FACINGS - ONLY IF YOU HAVE IT!!

If you have fusible available - fuse your pattern pieces by cutting out the pattern pieces in fusible. I would suggest laying a piece of paper under your piece so it does not damage your ironing board. Serge around the edges of the fusible as I suspect after the 90 degree washes it may not last forever.



RIGHT SIDES TOGETHER.

I will use this term a lot!!

The right side of the fabric is the side of the fabric that will be on the outside of the garment when it is complete. The side of the fabric that people will see.



STEP 2:

SERGE ALL SEAMS

this is important to make the seams more secure, and to stop them fraying. If you do not have a serger then a zig zag stitch close to the edge as shown will be fine.



STEP 3:
SEW FRONT FACING TO
BACK FACING

With right sides together sew the facings together at the shoulder seam. Press the seams open.



STEP 4:
POCKET PRESSING.

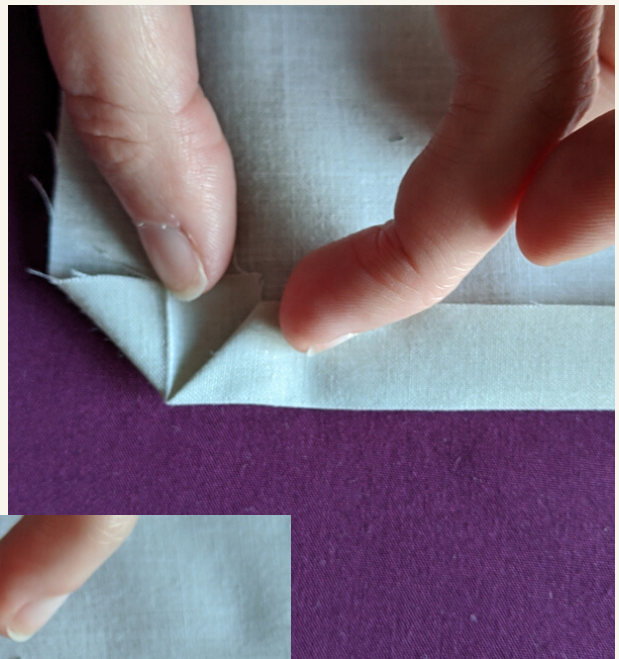
- Fold over and press the top of the pocket where you notched from the pattern piece.
- Repeat with the second top fold.





STEP 4 CONTINUED: POCKET PRESSING.

- Fold over the sides where notched and press
- Fold over the bottom where notched and press
- Unfold the bottom section and fold in the corner to envelope as shown below and press in place.
- Open side folds and topstitch along top pocket edge to keep top pocket folds in place.





STEP 5:

PLACE FRONT POCKETS -

Place the pockets evenly on the front top piece, I placed them about 5cm from the bottom hem and 10cm in from the split side seam. As long as they are low and even you can place them where you think would be best.



STEP 6:

PIN AND SEW POCKETS

Pin the pocket in place and topstitch around the sides and bottom of the pocket.

As the pocket is also a stress point I add a small triangle stitch at the top opening corners as shown.



STEP 7:

SEW FRONT AND BACK SHOULDER SEAMS

Place both pieces right side together at the shoulders and sew. Press the seams open.



STEP 8: SEW SLEEVES TO ARMHOLES

This can be tricky to sew. The front of the sleeve is notched on the pattern make sure you line it up with the front pattern piece.

- Pin the tops of the sleeve to the shoulder seam, and the ends of the sleeve to the side seams of the top as shown.
- Pin along under each armhole to avoid any uncomfortable creases under the armholes.
- Ease and pin the rest of the sleeve piece.
- As you sew remove the pins and ease the sleeve piece by pulling it slightly as you sew it on to the top and back pieces.
- Press the seams open.





STEP 9: **SEW SIDE SEAMS**

With right sides together place the front and back side seams together from the sleeve under the arm to the top of the split, as shown by the arrow. Sew the seam, I always reinforce the underarm with another row of stitching as it is a stress point. Press the seams open pressing the split at the same time.



STEP 10: **PRESS AND SEW HEMLINE**

I actually skipped this step and sewed the split before the hem and improvised!!

Oops!!

The correct way would be to press the first fold of the hem, then the second fold of the hem and topstitch along the edge to hold it in place.



STEP 11:
SEW SIDE SEAMS

Sew the split from the inside of the garment so you can use the seam allowance as a guide. Sew to nearly the top and then across over the top of the split and back down the other side. Press when finished.



STEP 12:
PRESS SLEEVE HEM AND SEW

- Fold and press the first fold where notched on the sleeve hem
- Fold and press the second fold
- Stitch along the top of the folds to hold the hem in place.



STEP 11:
PIN FACING TO NECKLINE

Pin the facing to the top with right sides together, the facing will be folded back under once sewn.

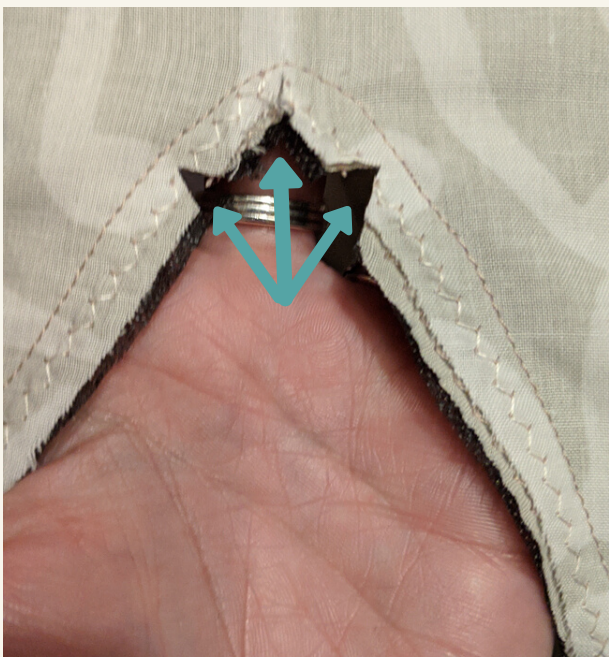
Remember to add in your colour label for the size guide.



STEP 12:

STITCH, PRESS AND NOTCH

- Sew around the neckline. Then press flat.
- Notch around the shoulder joins and the v neck line as shown. This is to allow less bulk when you topstitch the facing down.
- Turn the garment right way and press the facing in place again.
- Topstitch all around the neckline to keep the facing in place.





STEP 13: ANCHOR THE FACING IN PLACE

- lay the garment flat and line up the facing shoulder seam and the garment shoulder
- Grab a piece of shoulder seam allowance from both the facing and the garment.
- Stitch back and forth a few stitches to anchor the facing in place.



STEP 14:

PRESS YOUR FINISHED GARMENT AND RELAX YOU ARE DONE!!

NOW GO AND CUT ANOTHER AND START AGAIN IT WILL BE MUCH EASIER THE SECOND TIME AROUND, AND I MIGHT NOT MAKE ANY MISTAKES EITHER!!

