

UNISEX SCRUB TOP SEWING INSTRUCTIONS

by Busty Pear Patterns 7th April 2020

POCKETS:

- *Press the top of all 3 pockets down 2cm, then 2cm again (3/4 inch)
- *Stitch the tops of the pockets to hold the foldover.
- *Put the lower pockets aside - you'll finish these later.
- *Fold back the bottom of the top pocket 1cm (3/8") and press. If you are doing the angled corners, then fold those in first.
- *Fold back the sides of the pocket 1cm (3/8") and press.
- *Pin the top pocket in place, covering the dots on the pattern by 1cm.
- *Edgestitch in place. Fine zig zag at the opening of the pocket on each side. Approximately 1.5 width setting and 1 length setting. Do zig zag 8mm long (1/4").

FRONT NECK BANDS:

- *Fold both front neck bands in 1/2 lengthways and press.
- *Pin together, overlapping to create a "V". Stitch 6mm (1/4") from the edge to hold
- *Mark the stitching line at the "v" point on both the bands and the main garment. Pin one side of the neckband to the neck, with the band underneath. Pin to the "V".
- *With the band underneath, sew from the neckline, down to the v-point. Reduce the stitch length slightly as you get close to the point.
- *Leave the needle in the fabric, and clip the top layer of fabric to the point (1mm away - less than 1/16"). Then pin the other side while the needle is down, and stitch back to the shoulder on the other side.
- *Overlock (serge) the edges.
- *Press the neckband seam.
- *Edgestitch the seam.

BACK FACING:

- *If you have a centre back seam, then you need to sew it and overlock (serge) the edge. Press. (A centre back seam can be added if it helps you to save fabric)
- *Overlock the bottom of the back facing.
- *Pin the back neck facing to the back neck with right sides together.

* Sew 1cm (3/8") seam.

*Trim the seam carefully to 6mm (1/4")

*Press the seam towards the facing.

*Edgestitch (know at flatstitch) on the facing side of the seam, 1mm from the seam.

SHOULDER SEAMS:

*Place the right side of the front shoulder on top of the right side of the back shoulder. Match as per picture. Wrap the back facing back around to the front.

*Pin and stitch the seam 1cm (3/8")

*Overlock the seam

*Press the seam towards the back, and press back neck facing as it should sit.

*Pin the back neck facing, and stitch close to the edge of the facing. (Approximately 2cm (3/4") from the back neck edge.)

SLEEVES:

*Pin the sleeve to the armhole with right sides together. Match up the shoulder notch, the front notch and the back notches. There should not be any ease/gather in this sleeve.

*Stitch a 1cm seam (3/8").

*Overlock (serge) seam.

*Press the seam towards the sleeve.

*Repeat with the other sleeve.

LOWER FRONT POCKETS:

*Press the inner edge of both pockets in 1cm (3/8"). Note that the side with the extra notches is for the side seam and split.

*Pin the pockets in place. They should go all the way to the bottom corners of the front piece. Edge stitch the inner side of the pockets.

*Fine zig zag at the inner opening edge on each pocket. Approximately 1.5 width setting and 1 length setting. Do zig zag 8mm long (1/4").

* Sew the raw edge of the pocket to the main front at the sides and the hem. Sew 6mm (1/4") from the raw edge

SIDE SEAMS:

*Overlock the side seams of the front and the back separately from the hem to about 22cm (9") up from the raw hem.

*Pin the side seams together with right sides together. Sew from the sleeve opening to the split position. The split position is 12cm up from the raw hem, (4 3/4") Always backstitch at each end.

*Overlock (serge) the seam, covering the section that was separately overlocked by an inch or so.

*Press the splits back 1cm each side, and pin.

*Stitch the splits in place, sewing 6-8mm (1/4") from the fold. Stitch up from the hem, pivot with needle in, sew across to the other side, pivot again and sew back down the other side of the split.

*Fine zig zag at the top of the splits. Approximately 1.5 width setting and 1 length setting. Do zig zag about 8mm long (1/4").

HEMS:

*Double fold the front and the back hem 2cm, then 2cm, press and stitch.

*Double fold the sleeve hem 2cm then 2cm, press and stitch.

Your scrub top is finished :)

Check your top for any loose thread, and you're done :)
Congratulations!