

## Knitted Cotton Breast Prosthesis with Customizing Flap

Based on the *Tit Bits* pattern by Beryl Tsang, free from knitty.com

### Materials

Butterfly Super 10 Cotton (100% mercerized cotton; 250yds/230m per 100g skein) or any soft washable yarn. Wool is too scratchy.  
 1 set US #6/4mm double-point needles  
 Small split ring marker or safety pin  
 Sharp tapestry needle  
 Stuffing (cotton fleece or polyester fiberfill)  
 Small weight, like a smooth stone

### Sizes

A[B, C, D, DD] Cup

**Notes:** To make I-Cord

CO required number of sts onto a double point needle. K all sts.

*Next Row:* Instead of turning the work around to work back on the WS, slide all stitches to the other end of the needle, switch the needle back to your left hand, bring the yarn around the back of the work, and start knitting the stitches again. After the first 2 stitches, give the yarn a sharp tug. Repeat this row to form I-cord.

### Directions

#### Outer Side

CO 3 sts. Work 2 rows of I-Cord.

*Variation:* If you don't want to use a bead or button nipple, knit 1.5 - 2 inches of I-Cord. This cord can be knotted when the boob is finished. It will look like a nipple through the bra.

Work one more row of I-Cord, increasing as follows: kfb in each st. 6 sts.

Divide sts between 3 double-point needles, in preparation to begin working in the round. Place marker in first stitch.

*Next Round:* [K to last st on needle, m1] around. 3 sts increased.

Repeat this round 19[21, 25, 27, 29] times more. 66[72, 84, 90, 96] sts (22[24, 28, 30, 32] sts on each needle).

#### Edging

Purl next 2 rows.

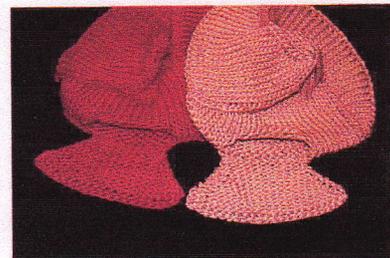
#### Inner side

Knit one complete round.

*Creating opening for flap*

On the first needle, knit 7[8,9,10,12] stitches. Place next 7[8,9,10,12] stitches onto a stitch holder. Cast on the same corresponding number of stitches placed onto the holder onto the right needle and continue knitting to last 2 stitches, K2tog. Knit, decreasing (K2tog) at the end of the needles for the rest of the round.

Continue knitting and decreasing (k2tog) before the end of each needle, essentially reversing the front shaping. Stop when you have 12 sts left (4 on each needle). Cut the yarn, leaving a long tail. Thread the tail through the remaining stitches. You can then draw the stitches closed.



#### Knitting the flap

Place stitches from holder onto needle, picking up one stitch before the holder and one after, increasing the stitch number by 2. Knit in stockinette (k on right side, p on wrong side), increasing in the first 2 knit rows with a m1 in the first and last stitches. These increases will hold the flap inside better. Knit in pattern until 1.5 to 2 inches long. Bind off.

Weave in all loose strings. Stuff with filling of choice and add weight if desired. Feedback from wearers is the weight helps to keep the prosthesis in place.

k - knit  
 p - purl  
 sts - stitches  
 CO - cast on

WS - wrong side  
 m1 - make one  
 kfb - knit front back  
 K2tog - knit 2 stitches together