

## Gel Pad Covers

Gel Pad Covers are often used on our long term Rehabilitation inpatient unit. Gel Pads are small, special ordered, gel-filled pillows to lay a baby's head on to keep it from becoming flat. They are also used as a positioning tool for some of the toddlers and older children who are not able to move well due to an injury or illness. Since the plastic used on the gel pads can become hot and slick, we use gel pad covers to make the gel pad more comfortable to lean against or lay on.

### Instructions to make Gel Pad Covers: (Finished size is 7" x 9 ½")

Please use fabrics that would be comfortable to lay on or lean against such as flannel, cotton/poly blend, or jersey cotton fabrics.

1. Cut material 8" X 23"
2. Serge or sew each short end of material to finish off edges
3. Fold back 3" of short end with right sides together and pin in place.
4. Fold fabric in half matching the open serged end with new folded edge and pin in place
5. Serge or sew along both long sides
6. If using a serger, tie knots at end of serger thread.
7. Turn right side out
8. Fold flap over to close gel pillow cover.

