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“Tooth Care Bag”

Description: This pattern was designed for a small bag that you can sew to encourage and help facilitate oral hygiene for someone managing dental work or braces. Several pockets allow for many items needed as well as an attached tissue holder that can keep hands and areas sanitized if water and towels are not available. Full color pictures and instructions are included.



Finished Tooth Care Bag Front and Inside

Materials needed:

1/4 yard PVC Coated Material, 1/4 yard lining material, 1/8 yard material for trim, closure and tissue holder

Clear Plastic material for pockets

Matching Thread, Firm Iron on Stabilizer

Zipper longer than needed, Velcro

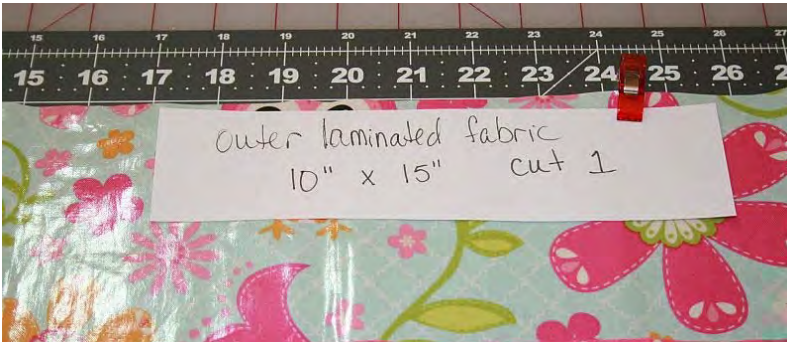
Various notions including a non stick Teflon sewing foot, zipper foot or piping foot, clips

Iron and pressing board or surface, chaco liner or chalk marker

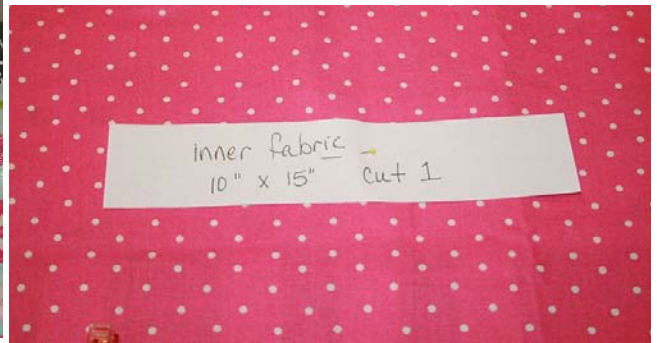
***Optional binding can be used* 50 inches—example does not utilize**



Pictures of your measurements and quantities to cut.



outer laminated fabric
10" x 15" cut 1



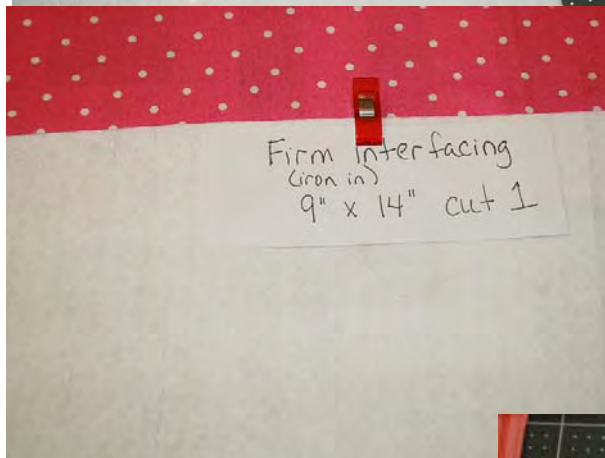
inner fabric
10" x 15" cut 1



Right pocket
6" x 10"
cut 1



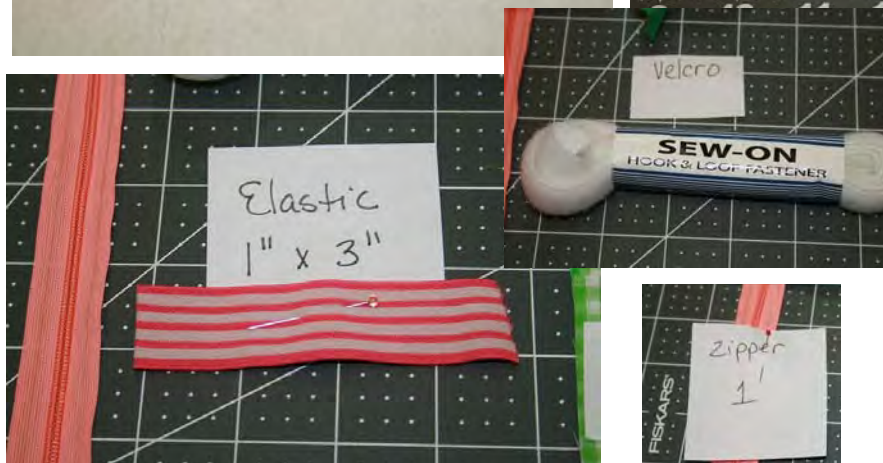
Left pocket
5½" x 10"
cut 1



Firm Interfacing
(iron in)
9" x 14" cut 1



tissue cover
5¼" x 3¾" cut 5

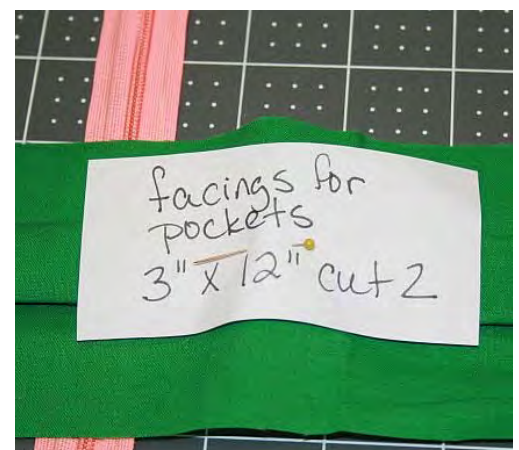


Elastic
1" x 3"

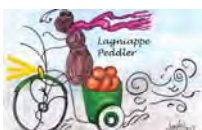
Velcro

SEW-ON
HOOK & LOOP FASTENER

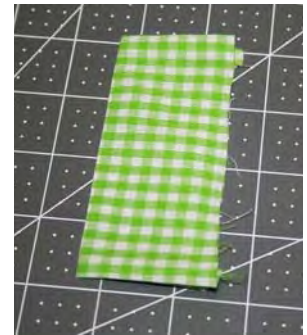
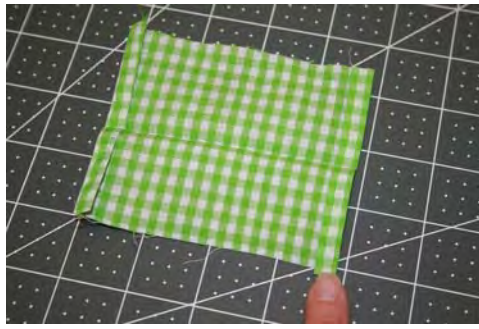
zipper
1'



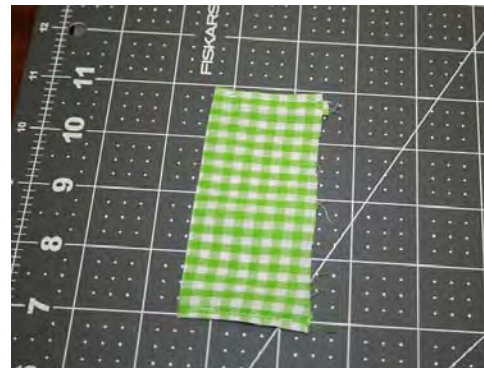
facings for
pockets
3" x 12" cut 2



The tissue holder is the first part of the bag you will assemble. The addition of a tab allows it to be sewn into the outer seam. It can be folded out of the way when the bag is open and then tucked away when closed. The tissues are an inexpensive way to be able to wipe off counters or hands if soap, water and towels are not available when taking out or putting in dental devices.



To make the tab, take one piece of the 5 1/4 by 3 3/4 fabric and fold in the two short edges 1/8 in and again 1/8 in for a 1/4 inch hem. Then fold in half the opposite direction. This will finish the two edges. Sew the two edge hems. The finished tab will be a little shorter than the length of the remaining pieces. You want this in order for it to flip out of the bag and not be caught in the inner seams of the tissue holder.

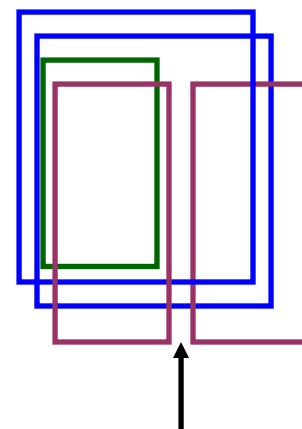


Lay face up remaining

Two pieces

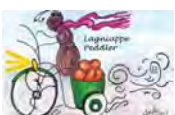
Lay on top of that the **tab**

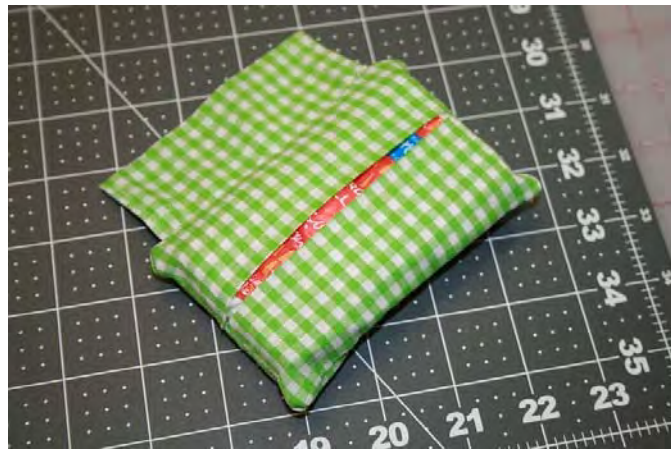
Fold **two remaining pieces** in half and place face down with folds in the middle



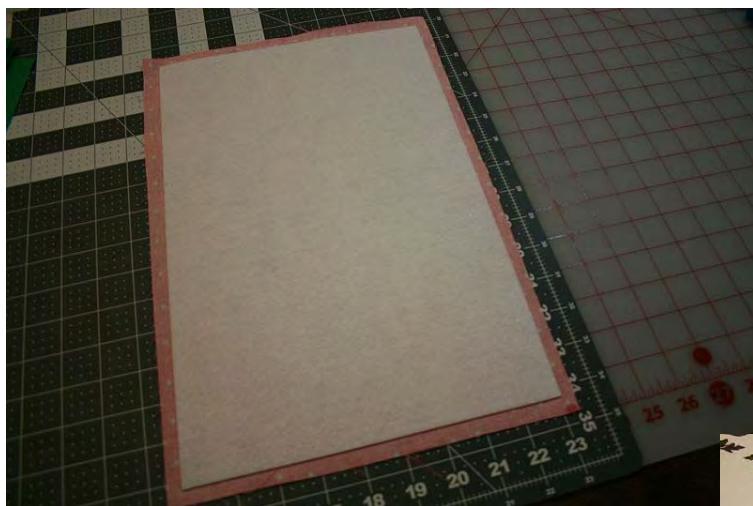
Folds

Sew around the complete perimeter of the stacked fabrics. Trim around the seams with pinking shears to neaten. See from the picture the tab is sewn inside the stack





Turn the tissue holder right side out and gently poke corners. Try your individual tissue to make sure it fits nicely. The side tab will allow it to be sewn into the bag seams



Follow manufacturer directions to iron on the interfacing to wrong side of the lining fabric. Notice it is slightly smaller than the fabric allowing for seam allowances. Heavy duty interfacing was used on our bag but choose the stiffness you desire.

Iron the pocket facings next. Fold them lengthwise into the center and then fold again so that they are half the original width. This will enclose all of the raw edges.



Your Teflon foot will be needed to sew the plastic pockets. If you don't have this type foot, a little scotch tape on the bottom of a regular foot and on top of the feed dogs will work well.





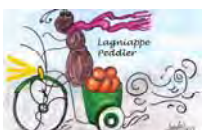
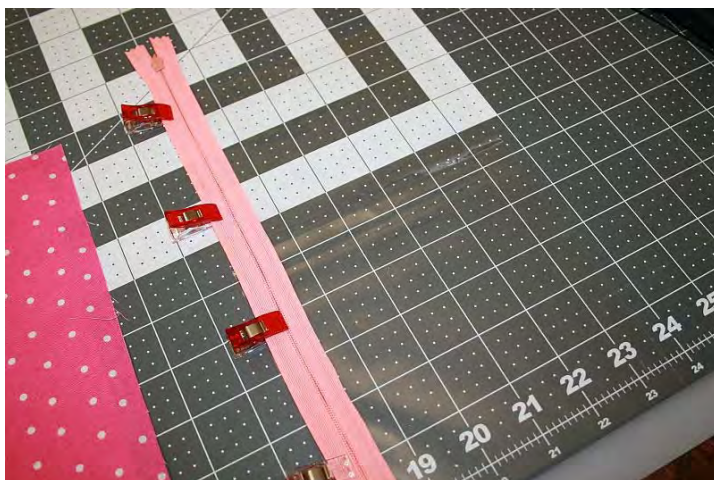
Starting with the left pocket piece, position the facing over the top and bottom of the right long edge. Note that your facing is longer than the pocket. This will give you extra fabric in case it slides on the plastic. You will trim it later.

Sew slower than you normally would with the plastic

Carefully sew along the edge to attach to the plastic. Continue to sew around in a box to complete. Trim the extra facing.



Using either your zipper or piping foot you will sew the zipper to the right plastic pocket. Lay the zipper face down along the edge. Secure with clips. Sew a seam close to the teeth but not so close the zipper won't open. You can turn the zipper face up and run another seam along the top edge to secure and help it lay flat on the plastic. A piping foot works really well to keep the zipper straight as you can put the zipper under the indentation of the piping foot.





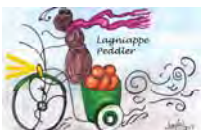
Now take the second facing and attach it to the other side of the zipper like you did with the first plastic pocket. Pins can be used this time through the zipper to hold in place while sewing.

Once the left side of the zipper is covered with the facing, line up the pocket on the right side of the inner fabric. Note it is right side up. Using clips to keep everything in place will help while sewing the plastic pocket to the lining fabric



Sew a seam along the left edge of the facing to the inner bag. Then go over the first zipper seam so the other side is secure.

In preparation to baste the two pockets to the bag you can lengthen your stitch.





You will need the Teflon foot again. See the seam allowance is a narrow 1/4 inch as you are basting the pockets currently. Later the outer seam allowance will hide these seams. Sew around the pockets so that each left and right side is securely attached to the inner fabric.

See here you will want to open the zipper when you sew across the edge. Go slowly and do a couple of stitches forward and backward to really secure the zipper where it will have the most stress.



The extra zipper length is not a problem because once the pocket is sewn, you will trim it away neatly along with the facing.

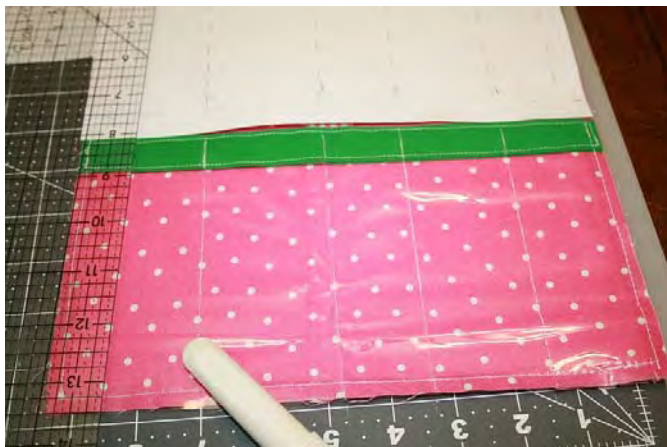




Adjust your seam length back to a shorter length. The elastic is sewn on either side by turning the ends under. The placement is determined by what you want to hold in the space. You can put your toothbrush inside to make sure it fits nicely. Adjust if needed. Note we used a cover to keep our toothbrush clean.



Drawing on a piece of paper you can lay all of the items you want to hold in the divided pocket and draw lines that will be sewn. A chaco or chalk marker can be used to mimic the drawn lines on the plastic. They will not be permanent so be cautious when moving the piece to your machine as they will wipe off easily.



The Teflon foot is still used when sewing the divided pockets.





At this point your bag inside is almost done.

The closure on the bag can be done many different ways. We used a small piece of Velcro on the outer piece of fabric. Now is the time to sew your closure before you complete the bag. We placed one piece on the right side of the front and sewed in place



Taking a small piece of scrap fabric we created a rectangle tab and attached the other piece of Velcro to it. You can use a small piece of stabilizer to stiffen it a bit. Our fabric was about 4 inches square.

Lining up the raw edges, sew the tab closure to the outer piece of fabric.





Test your Velcro closure to make sure it matches up well.



Place the tissue cover right side up on the left side of the inner bag and sew a seam to attach.



Now you are ready to sew the outer and inner pieces together. PVC coated fabric is not easy to turn but it can be done if you take your time. If you would rather use binding at this point, it would be very cute. (Plan on using about 50 inches if you choose to go that route) Your finished bag will also be a little larger than ours as the binding will secure the size at it is now. We chose to place the front and back right sides together and sewed around the perimeter. We left a sizable opening so we could manipulate the fabric and turn right side out. You want to be able to fit your hand inside to help push everything where it needs to go. You will close up the hole in the next step.





Trim the corners before you turn the piece. This will remove a lot of the bulk and help those corners lay flat.

After you have turned everything inside out, take your time and smooth the piece really well. Clips around the perimeter will help hold the opening closed until it is stitched. Sew a topstitch around the perimeter. This will help the lining stay in place.



Our bag has been topstitched all the way around.

We sewed two more vertical seams in the middle of the bag to help it fold easier. We still had enough room for our toothbrush to fit.



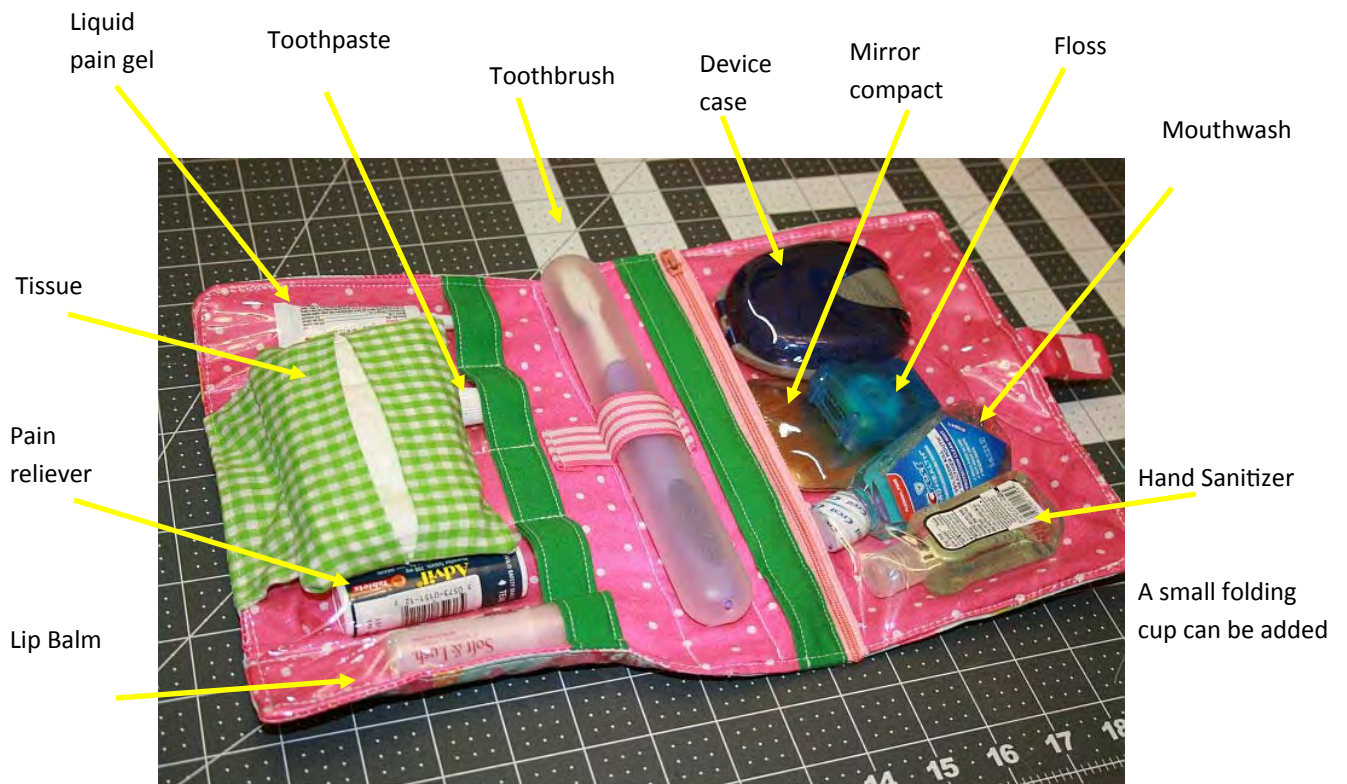
Completed Bag



Cute to carry to public restrooms or make life easier having everything handy while managing dental devices. This would be a great gift for someone just getting braces!



Anatomy of our Bag



Enjoy!

