

# RESPECT YOUR CLOTHES

## HOW TO REPAIR A FALLEN HEM

### THINGS YOU WILL NEED

- Hemming tape
- Iron (on a medium heat)
- A damp cloth

### METHOD

1. Place the garment to be hemmed on your ironing board, inside facing up and lying flat.

Arrange the hem so that the width matches the rest of your garment hem. To slightly secure the crease, gently iron to keep the hem width in place. However, in most cases this should already be secure enough to skip this step.



2. Cut a piece of hemming tape to the length of the fallen section of the hem.

Place the hemming tape inside the hem, between the folded section, making sure it is straight and flat and no hemming tape is poking out as this will stick to your iron.



3. Hemming tape is adhesive on both sides so once you are happy with the position, you can place your iron on the garment, holding it down over the taped section for around 30 seconds and not moving it around.



If you are using this technique on delicate fabric, then we would recommend dampening a clean tea towel and place this on top of the garment before ironing to not cause damage to your garment.

This should withstand washing but for a more secure finish take a matching thread and make some invisible loose stitches on the inside of the garment.