

Sublimation Transfer Application Instructions for Polyester Fabrics

1. Set temperature to 400 degrees Fahrenheit.
2. Set timer to 45-60 seconds.
3. Set Pressure at medium.
4. Insert clean white paper inside shirt. (Copy paper is fine)
5. Use a lint roller to remove any dust/fibers from the shirt. (They will turn blue with heat)
6. Place transfer face down on garment. The garment needs to be 100% polyester and white or light color fabric. (People use as low as 60% polyester, but the image will be faded.)
7. Cover with clean white paper to protect top platen from ink.
8. Press at 400 degrees F for 45-60 seconds with medium pressure.
9. Remove paper immediately and peel hot.

Recommendations:

1. Sublimation does not include white ink. If you want white in your design, you must use a white shirt. Designs will only show on white and light-colored shirts (pastels, light gray, tan, etc.)
2. All heat presses are different. It takes trial-and-error to determine the correct temperature and time for your particular press and for your particular material. It is likely you will make a mistake (or several) when you are getting started.
3. Shirts with smaller percentages of polyester sometimes scorch at a higher temperature.
4. It helps to use a heat-safe foam to prevent press lines from both the paper and the platen. (Vapor Apparel sells a kit. Some people have said they use foam from JoAnns, but I do not have experience with it. Anything you use must be heat-safe up to 400 degrees Fahrenheit.)
5. It is helpful to use heat tape or repositionable spray to help prevent ghosting. Ghosting is when you get a 'shadow' of your print. It occurs when the transfer shifts at any point while the shirt is hot.
6. Open your press slowly to lessen the chance of creating a vacuum that might lift/shift the transfer after pressing.
7. Check the edge of the transfer for any stray ink spots. Trimming or tearing the edge of the paper is a good idea to remove the undesired ink.
8. Buy some polyester fabric to test a few transfers before using your shirts. I bought fabric for very cheap at Walmart and test my prints every time to check for colors.

Tips to minimize press lines on your shirt:

1. Rub a clean piece of white paper along lines while hot
2. Gently stretch the material while hot
3. Tear the edges of your transfer before pressing
4. Lessen your pressure for future presses if your lines are from your platen
5. Press the shirt where there are lines
6. Use heat-safe foam (acts as a pressing pillow) when you press the shirt. The foam should be bigger than the image, but smaller than the size of the paper. This will soften the edges and avoid press lines.
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