

- general garment - SUBLIMATION INSTRUCTIONS

ITEMS YOU WILL NEED

- White or light color polyester fabric garment or sublimation blanks. For best results, use fabric with a tight weave that is at least 65% polyester. (The higher the polyester content, the brighter the print result.)
- Heat Press
- Parchment or butcher paper, or a Teflon Sheet
- Design (mirrored) printed on Sublimation Transfer Paper

TRANSFERRING YOUR IMAGE

- 1) Preheat press to 375° - 400° F. (Use setting that's best for your press/substrate.)
- 2) Pre-press garment for 3-5 seconds to release moisture and remove wrinkles.
- 3) Place your printed design image face down.
- 4) Use heat transfer tape, OR temporary adhesive spray to secure design to the blank.
- 5) Place a Teflon, parchment, or butcher paper sheet on top of sublimation paper.
- 6) For fabric sublimations press at 400° for 35 seconds at medium pressure.
(Again, use the setting/time that works best for your heat press/substrate.)
- 7) When the time is finished open the press and quickly remove the transfer.

WASHING YOUR SUBLIMATED GARMENT

- Turn the garment inside out.
- Wash in COLD water, using se a mild detergent for best results. NO bleach.
- Remove the garment promptly from the washer. The color may bleed if left in the washer.
- Tumble dry on LOW temperature.

**Please note that transfer paper DOES have a shelf life; it lasts about 1 year, depending upon storage. It must be kept sealed in a plastic bag. High humidity, or dry conditions can shorten its shelf life.*

