

# Live & Tell™

BY L.A.T.



## SUBLIMATION PRINTING TIPS AND TRICKS

### What is dye-sublimation?

The process of changing from a solid to a gas, or from a gas to a solid, without passing through an intermediate liquid phase. Dye sublimation is a unique printing process made especially for garments with polyester or polyester blend fabrics. In this printing process, the dye transitions between the solid and gas states without going through a liquid state and attaches only onto the polyester threads.

100% Polyester fabric is recommended for the brightest colors while blends of 65% polyester, 35% cotton fabric produces more of a vintage look.

### Benefits of L. A. T. Apparel's Sublivie®

- designed specifically for sublimation printing
  - made of 100% polyester
  - sewn with 100% polyester thread
  - lies flat to give the best seam to seam print surface
  - produces vibrant artwork
  - does not sacrifice fit
  - available in solid white or white with black contrasting sleeves
- available in 8 styles from adult to infant

**Step 1** – Create a unique design using any professional graphic design program.

**Step 2** – Mirror your design and print it onto your sublimation print.

**Step 3** – When preparing for pressing, ensure the garments and the sublimation papers are clean of lint and other residues.



# Print With Precision Sublimated Products That Perform.

**Step 4**– Set Heat Press for 390°F. Insert butcher paper between the front and back of the garment to avoid gas transfer to the other side of your blank. Press for just a few seconds to remove wrinkles and moisture.

**Step 5** – Press your design onto your Sublivie Apparel using a heat press. Transfer paper should have recommended pressing times and temperatures. Protective paper on the top and bottom of a substrate, while it is being pressed, will protect your heat platen, bottom pad, and substrate. Butcher paper is preferred.

Temperature / Pressure used by most designers is a Medium Pressure at 390 degrees for 35 seconds.

**Note:** *Not all Heat Presses are calibrated the same so please test your printing before using for production.*

**Step 6**– Open the press and remove the butcher paper and peel off the sublimation paper from the garment

### Bodysuits with snap tape technology:

When transferring onto the 4610 bodysuit, keep all infused plastic snaps away from the heat, allowing them to stick out of the transfer machine and follow the same steps above. *Allover prints will need to stop (or end) above the snap tape at the bottom of the garment.*