



# LAT APPAREL

## LIVE AND TELL

# SUBLIMATION PRINTING TIPS AND TRICKS

To help make the most of your investment, LAT Apparel is pleased to provide Printing tips for decorating on our 100% polyester sublimation tees and bodysuits.

### 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.

### The benefits of LAT 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.

**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. *All over prints will need to stop (or end) above the snap tape at the bottom of the garment.*



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