

# Sublimation Heat Press Quick Guide

Note: Temperature and time will vary based on sublimation blank. This chart is to use as a guide to get started. We recommend checking the manufacturer's info about the heating process for your sublimation blank.

For more info about Sublimation Printing, visit [elmlib.org/sublimation](http://elmlib.org/sublimation)

Surface	Press Time	Temp	Pressure	Tips/Comments
Ceramic Mugs	150-210 seconds	350-400°F	Medium	Recommend wrapping in butcher paper. Place onto oven pad to cool off. Avoid cold surfaces or cold water that could cause thermal cracks.
Coasters (Cricut Round Ceramic)	240-300 seconds	400°F	Medium	Select "Ceramic Tile" from Sawgrass Print Manager. Heat upside down through the back of the coaster.
Coasters (Cricut Square Coaster)	30 seconds	400°F	Medium	Select "Metal" from Sawgrass Print Manager. If heated too long, paper will stick to coaster.
Coaster (Marble)	120 seconds	390°F	Medium	
Metal/Aluminum (Unisub)	60-80 seconds	400°F	Medium	Remove plastic coating. Product face up with transfer paper on top.
Metal/Aluminum (Other brands)	60 seconds	400°F	Medium	Remove plastic coating. Time varies - check with manufacturer.
Hardboard (Unisub)	60-70 seconds	400°F	Medium	Remove plastic coating. Product face up with transfer paper on top. For textured, cool for 10 minutes before peeling.
MDF (Unisub)	80-90 seconds	400°F	Medium	Remove plastic coating. Product face up with transfer paper on top.
Plywood	60 seconds	400°F	Medium	Remove plastic coating. Product face up with transfer paper on top.
Stainless Steel Drinkware	45 seconds	375°F	Medium	Might require shrink wrap and/or oven heating process. Oven temp and time will vary.
Frosted Glassware	240-300 seconds	360-390°F	Medium	Might require shrink wrap and/or oven heating process. Oven temp and time will vary.

More material settings on back side

Light/White Polyester Fabric	35-40 seconds	400°F	Medium	Siser EasySubli not needed. Transfer directly from sublimation paper to polyester fabric. Pre-press shirt for 3-5 seconds to eliminate moisture. Lint roll to clean surface pre-press. Place butcher paper inside shirt/on backside <b>so dye doesn't bleed through layers.</b>
Vapor Apparel	45-55 seconds	380-390°F	Medium	See vaporapparel.com for tips on reducing press lines.
Mousepads (Polyester Fabrics)	45 seconds	400°F	Medium	Pre-press, lint roll to clean surface.
Unisub Phenolic	55-65 seconds	400°F	Medium	
Fire Retardant Products (Unisub - indoor use)	60-70 seconds	400°F	Medium	Remove plastic coating. Remove transfer paper immediately after pressing.
Fire Retardant Products (Unisub - outdoor use)	80-90 seconds	400°F	Medium	Remove plastic coating. Remove transfer paper immediately after pressing.
Fire Retardant Products (other brands)	40-75 seconds	400°F	Medium	Time varies - check with manufacturer. Remove plastic coating. Remove transfer paper immediately after pressing.

### Siser EasySubli HTV for All Fabrics including Cotton and Dark Polyester

Method 1: Print not mirrored directly onto the Siser EasySubli HTV loaded in Sublimation Paper Tray (shiny side up)

Surface	Time	Temp	Pressure	Tips/Comments
Dry Ink	2 minutes	311°F	OPEN	Lay under open heat press to dry ink.
Press Shirt	15 seconds	311°F	Medium	Trim away extra vinyl. Use EasySubli Mask to help transfer to shirt. Cover the top of the design with butcher paper.

Method 2: Print mirrored onto Sublimation Paper and heat onto blank Siser EasySubli HTV.

Surface	Time	Temp	Pressure	Tips/Comments
Press blank Siser EasySubli HTV	10 seconds	375°F	Medium	Trim EasySubli first to match outline of design. Use EasySubli Mask to help transfer.
Press Sublimation Paper	45 seconds	375°F	Medium	Line up the design on the sublimation paper with the white EasySubli on the shirt. Tape in place.

More material settings on back side