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SUBLIMATION HEAT PRESS SETTINGS - QUICK REFERENCE GUIDE

The following chart should serve only as a starting place. Producing quality end products is a matter of suitable substrates, a calibrated heat press, smart color management, following manufacturer guidelines, testing and practice!

If you are just starting out with sublimation, be sure to check out our YouTube Channel for how-to videos and product demonstrations. www.YouTube.com/USCuttervideos

[CLICK THIS LINK FOR VIDEO ABOUT THIS LIST](#)

* Press time and temperature may vary. Please consult your blank manufacturers instructions

SUBSTRATE	PRESS TIME*	TEMPERATURE*	PRESSURE	TIPS & TRICKS
Ceramic Mugs	150 - 210 Seconds	370°F - 400°F	40 PSI (Medium)	<ul style="list-style-type: none"> Start timer countdown when mug and mug-press are up to temp Remove transfer once mug is cool
Metal White - Silver - Stainless Steel - Bronze	60 - 80 Seconds	375°F - 400°F	40 PSI (Medium)	<ul style="list-style-type: none"> Heat resistant tape around the edge of the transfer Use Non-stick sheet when possible
Ceramic & Glass Tile	300 -720 Seconds	380°F - 400°F	40 PSI (Medium)	<ul style="list-style-type: none"> Press tiles from back (Transfer side down) Press into Silicon pad Be very careful when pressing down. Using too much pressure could cause the tile to break
Polyester Fabric / Mousepads	45 seconds	380°F - 400°F	40 PSI (Medium)	<ul style="list-style-type: none"> Look for a tighter knit and high white point for a more brilliant color
Square Sequin Pillow Case	45 - 55 Seconds	380°F - 400°F	40 PSI (Medium)	<ul style="list-style-type: none"> Use a pressing pillow and Non-stick sheet for best results Cloth side can also be used for sublimation
Soft L'INK T-Shirts	35 - 40 Seconds	380°F - 400°F	40 PSI (Medium)	<ul style="list-style-type: none"> Pre-press shirt to eliminate moisture Tack the transfer and use Non-Stick Sheet to avoid ghosting
Vapor Apparel	45 - 55 Seconds	380°F - 390°F	40 PSI (Medium)	<ul style="list-style-type: none"> See www.Vaporapparel.com for more information
UNISUB Products	60 Seconds	380°F - 400°F	40 PSI (Medium)	<ul style="list-style-type: none"> Remove any plastic coating if present Peel transfer away as soon as possible
FR Plastic	45 - 90 Seconds	380°F - 400°F	40 PSI (Medium)	<ul style="list-style-type: none"> Use Non-stick sheet when possible Remove any plastic coating if present

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SUBSTRATE	PRESS TIME*	TEMPERATURE*	PRESSURE	TIPS & TRICKS
SUBLIMATABLE FILM	30 - 60 Seconds	380°F - 400°F	40 PSI (Medium)	Time varies depending on film type. Transfer should be slightly larger than film and placed face down on the substrate (adhesive side down). Clear materials may be either adhesive front or adhesive back. Watch out to not mirror your image on clear film.

Interested in purchasing a Sawgrass? Check out both videos down below!



<https://youtu.be/QPt39Dvwq1A>



<https://youtu.be/SPQNuR4gemg>

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