

# Garment Decorating TIPS

## SCREEN PRINTING

- We recommend Poly Performance low cure inks.
- Use a gray blocker base when printing light-colored inks on dark fabrics.
- Reduce dryer temperature to a maximum of 310 degrees when curing.
- Allow time for garment to cool prior to stacking.
- Periodically use test heat strips to ensure dryer temperature is staying consistent.
- When printing on sublimation, garment must be laid flat on dryer belt to avoid transferring the print to other areas of the garment.

## DYE SUBLIMATION

- Recommended heat setting is 370-380 depending on colors within design. Heat and/or dwell time may affect your output color. It is always best practice to test print sample first before production
- Dwell time should be 40-42 seconds.
- Heat press pressure is Medium
- Do not let the garment come in direct contact with the heat plate. Always have a layer of paper between the press and garment.



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## DIRECT TO FILM (DTF)

- Recommended temperature for press should be set to 275-290 degrees
- Always test a sample to determine which is the best temperature to use on your press
- Dwell time at medium pressure should be 7-9 seconds, remove film (Actual Dwell time may vary depending on the type of adhesive)
- Repress for another 7-9 seconds using a Teflon sheet to protect the design
- For Cool Peel Films, remove the fabric from press and allow it to cool completely before peeling off the film
- For Hot Peel Films, remove the film immediately after pressing



## EMBROIDERY

- Choose backings designed for performance wear. Cutaway backing was designed to reduce puckering when embroidering stretchy microfiber performance shirts and will minimize show-through. For extra stabilization, combine it with a medium weight tear away backing. The more stable the fabric, the better the result. When hooping, make sure you do not stretch out the shirt. If your embroidery looks great in the hoop but puckers when you remove it, you stretched the shirt too much while hooping.
- Use a smaller needle. A ballpoint embroidery needle will avoid cutting the fabric and causing runs.
- Digitize your designs to stitch from the center out, this reduces stretch and helps to prevent distortion and puckering. Keep stitch density to a minimum and avoid designs with too much density. When digitizing, pay attention to the push and pull of the fabric. When lettering, try thickening the columns by about 10%-15% and shortening the ends of columns by the same amount. The resulting letters will line up better. An underlay can also help by basting the fabric to the stabilizer.
- Practice before you embroider a customer's shirt for the first time. Practicing removes fear and will let you experiment to find the correct combinations that produce the best designs.

