



DTF Pressing Guide

Step-by-step application instructions for T-Shirt DTF transfers

T-Shirt DTF Transfers (Fabric)

1

Prep your garment

No pre-pressing or pre-ironing is required. Lay the garment flat on your heat press, smooth and free of wrinkles or debris.

2

Position the transfer

Place your DTF transfer film-side up in the desired location. Make sure it lies completely flat before pressing — use heat-resistant tape on hats or curved items to stop it shifting.

3

First press

Heat press: 300–320°F (150–160°C), firm even pressure, 12–15 seconds.
Household iron: highest cotton setting, firm pressure, 15–20 seconds, no steam. Move in small circles to distribute heat evenly.

4

Peel while warm

Peel the film off in one smooth motion while it's still warm, not hot. If a corner resists, re-press for a few seconds and try again.

5

Second press (recommended)

Lay a sheet of parchment paper or a thin cloth over the design and press again for 10–15 seconds. This step meaningfully improves durability, softness, and reduces shine — don't skip it.



UV DTF Application Guide

For stickers, decals & hard-surface transfers — no heat needed

UV DTF Transfers (Hard Surfaces)

1

Prep the surface

Clean the surface with soap & water, or a 50/50 rubbing alcohol and water mix. A clean surface makes the transfer last significantly longer.

2

Pre-squeegee

With the design face-down, run a squeegee (or a rigid card) firmly over the whole design, back and forth 2–4 times. Give extra passes to thin or separated design elements like small text.

3

Peel the backing

Gently peel the two sheets apart, checking that the full design lifts cleanly onto the top carrier sheet as you go.

4

Apply & squeegee again

Position the design on your item — for larger designs, apply from one side to the other to avoid air bubbles. Squeegee firmly 2–4 more times, then peel the carrier sheet away slowly.

Troubleshooting

• Edges lifting after wash

Usually under-pressed. Re-press with firm pressure for the full time, then always do the second press.

• Transfer looks cracked

Too much heat or not enough pressure. Lower the temperature slightly and press with firmer, even pressure.

• Colors look dull/faded

Check your press temperature is accurate — use an infrared thermometer if your press runs cool.

• UV sticker won't stick to surface

Surface wasn't clean or is textured/porous. Clean with rubbing alcohol; PermaStickers need a smooth, hard, non-flexible surface.

Still having trouble?

Message us on WhatsApp via pparuba.com or email dtf@pparuba.com — we're happy to help.