Painting a T-shirt with Fastex:

Preparation:
Pre-wash the t-shirt according to the label instructions without softeners. When the t-shirt is dry iron it to smooth out any creases. Cut a piece of cardboard to fit snugly inside the tee shirt to prevent the paint from seeping through to the other side. Insert the protective cardboard inside the shirt. Pin the t-shirt tightly to the card to avoid wrinkles and movement as you work. Wrap the back of the shirt in a piece of clean newsprint and hold in place with pins or tape so that only the area to be painted is showing. This will protect the rest of the shirt from any accidental paint splashes.

Painting Instructions:
Read our tips in this brochure before you begin.

There are three popular ways to paint t-shirts with Fastex:
1. Paint your design thinly by brush.
2. Stencil design painting.
3. Professional screen-printing.

Painting by Brush:
Draw your design with the Fastex textile pen or a yellow or a pale blue coloured pencil (These colours minimise the chance of the lines showing through the paint). The Fastex textile pen washes out of the fabric in the first wash. If a design needs to be traced, do this prior to mounting the fabric on the card. If outlining is required, use a permanent ink pen, like a laundry marker.

Try to apply thin coatings of Fastex evenly and smoothly without stopping your brush on the surface. Stopping with a loaded brush could leave blotchy patches. A flat paint brush is best suited to Fastex. A flat brush also makes it easier to 'join' colours edge to edge without overlapping.

Stencil Painting:
Copy, trace or draw a design on to a piece of acetate, paper or card. Carefully cut out your design and tape this to the t-shirt. Lightly press a dry sponge into the Fastex Ink. Then dab the sponge on to the stencil. Carefully lift the stencil off the t-shirt. Before using it again check that the back of the stencil is clean. You can use the stencil about a dozen times. Designs that have basic geometric shapes and basic patterns work well with this method.

Screen Printing:
You will need a screen to print through. This is normally a fine mesh within a wooden frame that is custom made. Designs that require more than one colour are made and applied separately. This is a more professional approach. This type of screen will give crisp and clear results and you can use this stencil repeatedly. Ideal for logos, words or designs digitally made. Ask your art supplier for details.

Prepare the t-shirt as per instructions above. Place the screen on the t-shirt and hold in place with clamps or weights, making sure there is no movement. Applied the Fastex Ink by a sponge, this forces the inks through the openings of the stencil thus printing the image on to the fabric. Thoroughly clean the screen before the ink can dry.

Once your artwork has dried heat set as per instructions in this leaflet.

Your local FAS retailer:
Paint tee shirts, hats, sand shoes, wall hangings, curtains or cushions covers.

**WHAT IS FASTEX?**

Fastex Textile Ink is a non-toxic heat setting ink which when properly applied will be colour fast, dry cleanable, wash resistant and suitable for most fabrics. Designs may be applied by screen-printing, painting with a brush, roller, or sponge.

Best results are achieved on white or light coloured cotton fabrics. Designs need to be heat set by ironing at a hot setting suitable to the fabric to seal the ink to the fabric. Available in a full range of bright lightfast colours. The fluorescent colours are less resistant to fading.

**WHAT CAN BE PAINTED?**

Use 100% cotton fabrics for the best results. Fastex enables you to create one-of-a-kind pieces of wearable art (t-shirts are the most common) or designs, special cushion covers, hats, curtains, or a wall hanging. This textile ink requires heat setting to be permanent. The heat setting allows the Fastex ink and fabric to be fused into one, so the ink is no longer just sitting on the surface. This allows the wear and tear of normal clothing with flexibility and a washable surface.

If your fabric cannot be ironed, or it contains a large amount of synthetic materials, it cannot be heat set. Fabric like this is not suitable for use. We suggest that you patch test your fabric first.

**APPLICATION & TECHNIQUES:**

Apply by brush, sponge, roller or screen stencil. Thin with Fastex Extender if required. Do not thin with water as this will dilute the ink and affect fastness properties.

Try to paint thinly and avoid leaving large blobs of paint on the fabric.

Avoid printed or fine-line work made directly onto the fabric as the ink will "bleed". It is recommended that you seal the fabric by applying a base colour first, letting this dry before outlining or writing over it.

A pre-cut stencil or plastic ruler will help to give a clean straight edge.

Once your artwork is completed, allow to air dry completely. Iron on the reverse side of your artwork for four to five minutes at a hot setting suitable to the fabric.

**WHAT IS FASTEX EXTENDER?**

The Fastex Extender is used to reduce the depth of colour without losing any fastness properties. For best results mix small amounts of Extender with a Fastex colour and slowly keep adding until the desired colour is reached.

**HEAT SETTING:**

Allow the paint to dry thoroughly before attempting to heat set.

Always iron with a dry press setting. Do not steam iron.

Protect the ironing board with a paper towel or some waste fabric as during using some pigment staining may occur. For t-shirts, place a paper towel or waste fabric inside the shirt. It is important to make sure that you use a hot setting on the iron. The fabric needs to be hot pressed at 120 degrees to complete the heat setting. This is normally the cotton setting on the iron.

The easiest and safest way to heat set Fastex is by ironing on the reverse side for 4 to 5 minutes at a hot setting suitable for not pressing the fabric. Thicker fabric materials may require a press cloth or paper towel on top of the artwork to hot press.

**CLEANING:**

Wash up work surfaces and tools with soap and water immediately after use, the painted surface becomes permanent when dry. Suitable protective clothing should be worn.

**FASTEX COLOUR PALETTE:**

**STARTER SET STANDARD:** 6 x 30ml jars
- Black, Ultra, Brilliant Red, White, Yellow and Green.

**STARTER SET SECONDARY COLOURS:** 6 x 30ml jars
- Blue, Umber, Leaf, Orange, Burgundy and Violet.

**STARTER SET FLUORESCENT COLOURS:** 6 x 30ml jars
- Fl Blue, Fl Green, Fl Orange, Fl Pink, Fl Yellow & Fl Red.

**SINGLE COLOURS:**
- 120ml, 375ml and 1 litre jars.
- Extender available in all sizes.

**FASTEX TEXTILE PEN:**

Available in a full range of bright lightfast colours. The fluorescent colours are less resistant to fading.

**Hints + Tips**

**Cleaning the fabric to be painted:**

Pre-wash your fabric before painting to remove any sizing added during manufacture, which may prevent the paint from adhering to the surface. It also gives it a chance to shrink, if it is going to. To test whether a piece of fabric really needs pre-washing, drop a little bit of water on it. If it beads up on the surface, it needs washing.

**Fabric Tips + Hints:**

Take the time to iron the fabric before you paint. Wrinkles can create havoc on a design.

We recommend that you use 100% natural cotton to do your artwork on. Synthetic fabrics & Stretch-synthetic fabrics (tight-fitting tee shirts) will not guarantee the best results.

**Application Tips + Hints:**

It is better to paint two thinner coats than one thick coat for a durable finish.

Brushes are not the only tools you can use, try bits of sponge, look for some interesting stencils or an old toothbrush for splattering.

A jar of clean water is essential - mainly for washing brushes and keeping them clean as you paint. Keep your pots of Fastex inks clean by mixing all your colours on your palettes and avoid putting dirty brushes into the pots.

When painting a t-shirt insert a few sheets of newspaper, a bit of card or plastic inside the shirt so the paint doesn't seep through onto the back of the shirt.

Do not mix any water into your Fastex inks, as it is water based and should not need thinning down. (Unless you wish to achieve a specific 'washed' effect.)

If you wish to place one colour alongside another colour, wait for the first colour to dry before applying the next, this keeps your colours fresh and clean.

Use old ice-cream container lids or plastic 'take-away' lids as palettes on which to mix your Fastex inks. They are easy to clean, can be used repeatedly, and should not cost you anything.

**Fixing - Ironing Tips + Hints:**

Wait for the colours to dry completely before fixing.

After fixing wait 48 hours before washing. Cottons can be machine washed up 60°C. Handwash other materials in lukewarm water.

**Cleaning Tips + Hints:**

When working with groups of children always have the surrounding area well covered with newspaper and wear protective clothing having everything required close at hand and plenty of room available for drying prints.

If you splash Fastex ink on your clothes, soak them immediately in lots of cold water. Keep rinsing them until the ink is removed. Then wash your clothes in warm soapy water.

Always wash brushes, stencils and screens immediately after use.

This information is given purely for guidance. It is advisable always to perform tests on the fabrics selected before starting work.