



Toshiba Satellite E45t-B4204 Thermal Paste Replacement

Thermal paste is a heat conductive paste that is used between the CPU and the heatsink of the laptop.

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INTRODUCTION

This will be a quick guide on how to replace the thermal paste of a Toshiba Satellite E45t-B4204. Replacing the thermal paste will help transfer the heat from the CPU to the heatsink and out of the laptop.



TOOLS:

- [Arctic Silver Thermal Paste](#) (1)
 - [Phillips #1 Screwdriver](#) (1)
 - [Spudger](#) (1)
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Step 1 — Back Case



- Remove all 14 of the 4 mm screws on the back side of the laptop with a Phillips #1 screwdriver.

Step 2



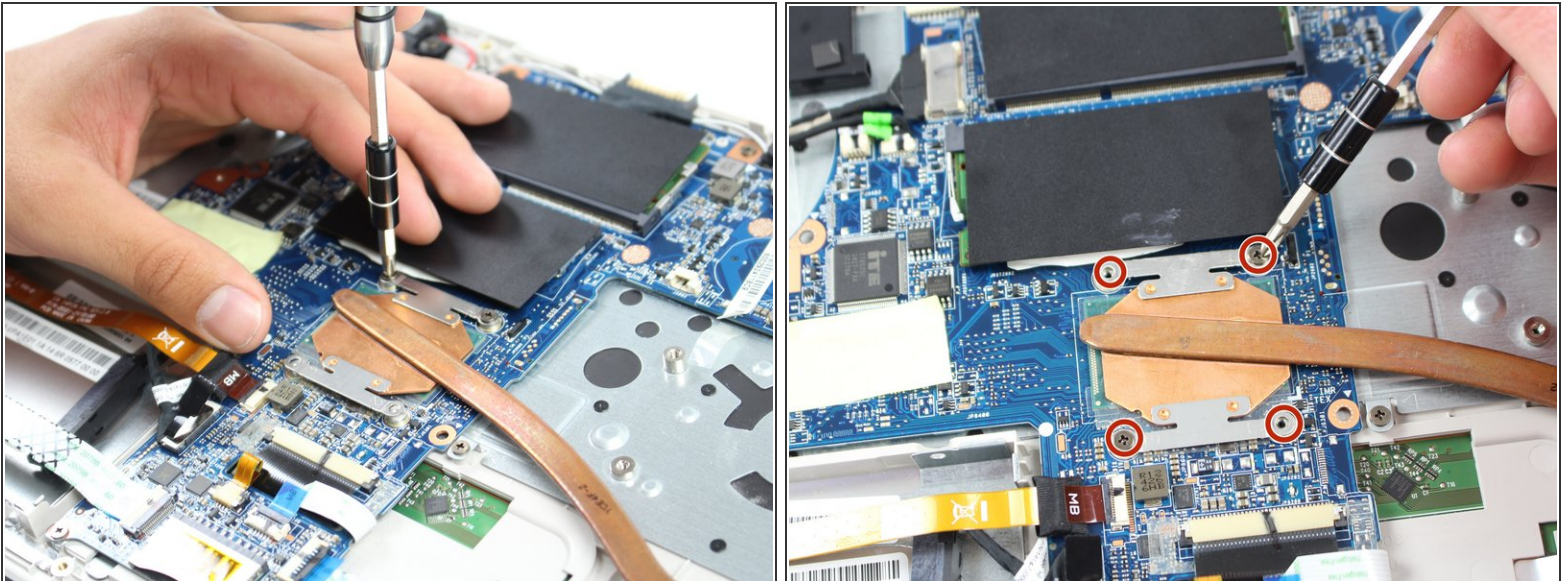
- Gently pull out the battery.

Step 3



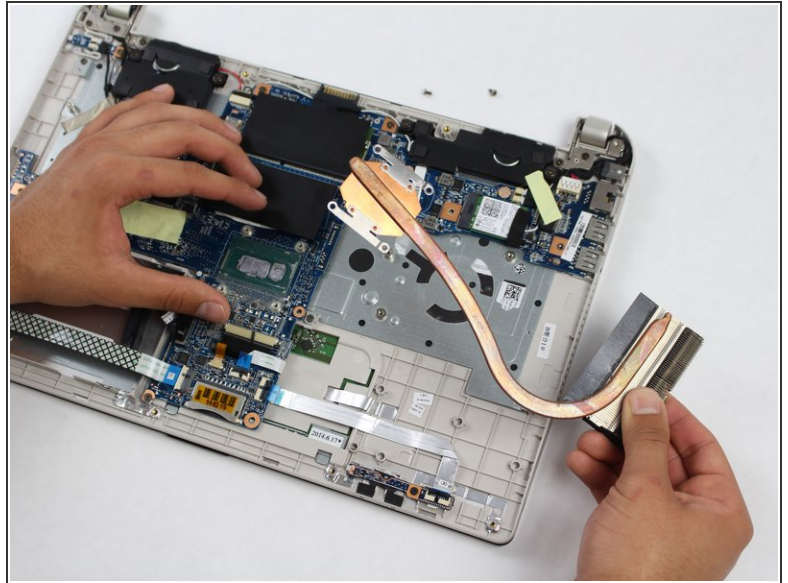
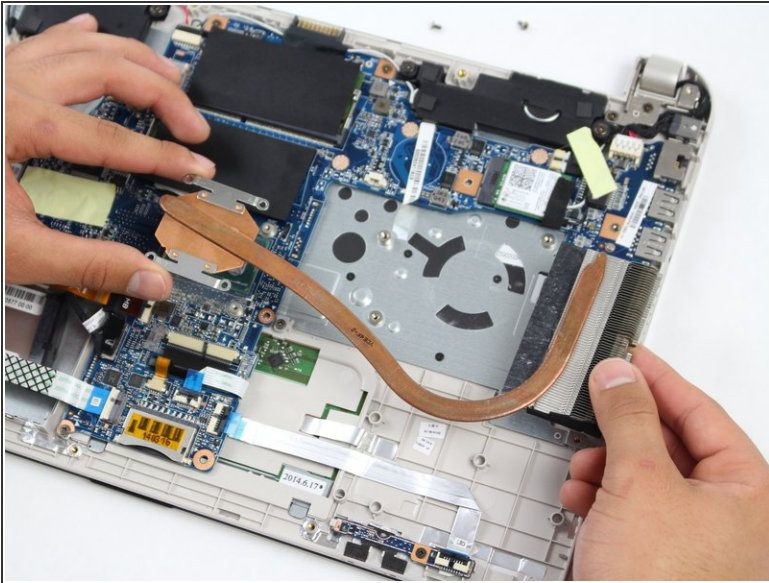
- Lift up in the spaces left by the battery to create a gap between the back case and the laptop body.
- Run a spudger along both sides of the laptop to widen the separation and release the clips holding the back case on.
- Remove the back case.

Step 4 — Thermal Paste



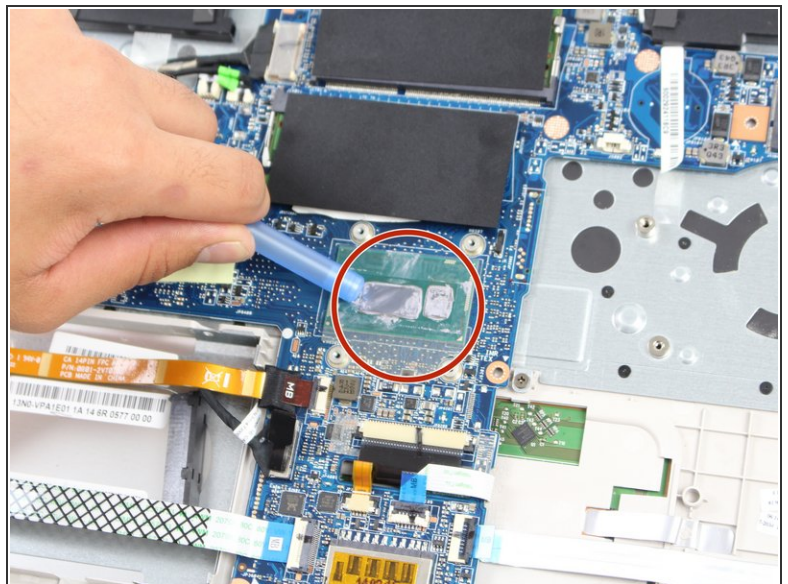
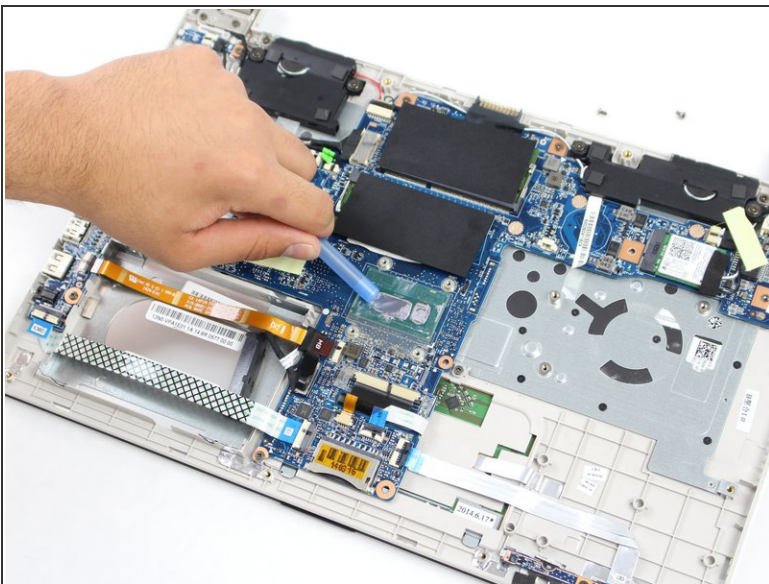
- Locate and remove the four 3 mm screws around the CPU.
- The CPU is located beneath the copper heatsink.

Step 5



- Carefully remove the heatsink from the rest of the motherboard and casing.

Step 6



- Now that the heatsink has been removed the CPU is visible. The CPU is the green square with silver metal in the center.
- Reapply thermal paste above the CPU.

To reassemble your device, follow these instructions in reverse order.