



Lenovo ThinkPad T570 Thermal Paste Replacement

Hello everyone, in this guide Ill be showing...

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INTRODUCTION

Hello everyone, in this guide I'll be showing you how to open the laptop in order to change the thermal paste, as well as to possibly upgrade the RAM or the SSD inside.

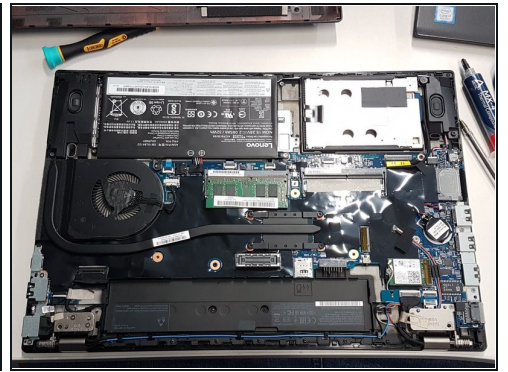
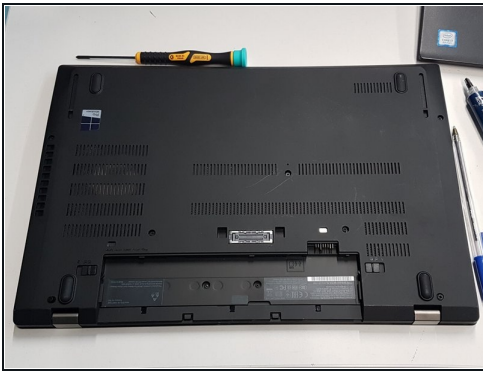
TOOLS:

Phillips #00 Screwdriver (1)
Spudger (1)
Cotton Swabs (1)
Isopropyl Alcohol (1)

PARTS:

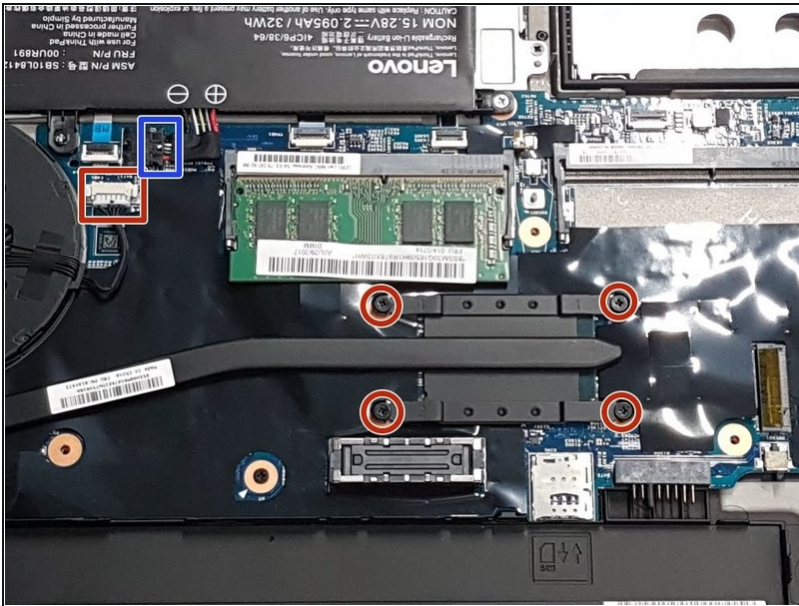
Thermal Paste (1)

Step 1 — Opening the back panel.



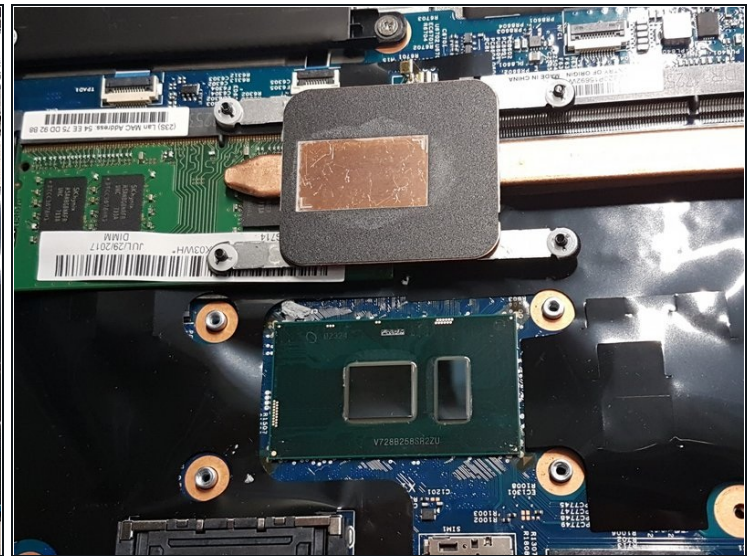
- Unscrew all screws holding the back panel in place.
- Remove the first battery by sliding the notches and pulling the battery outwards.
- Use a plastic prying tool to release all the clips holding the panel in place.

Step 2 — The insides.



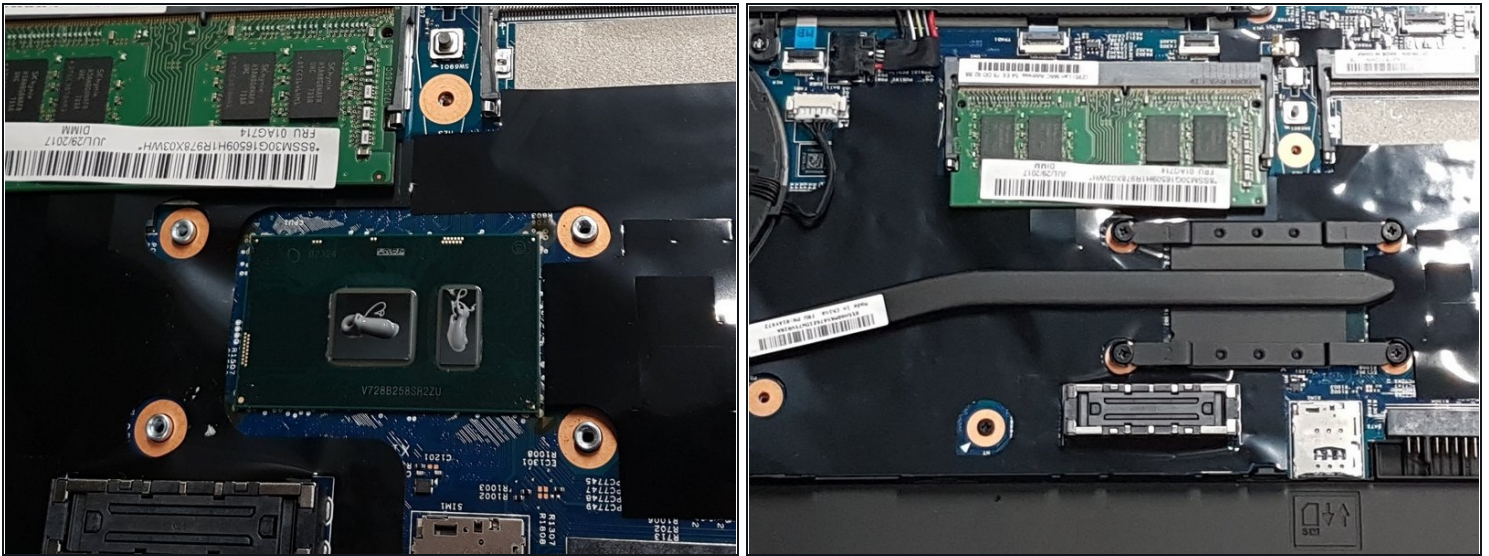
- It is recommended to disconnect the second battery too (marked in blue).
- Unscrew the 4 screws holding the CPU heatsink and disconnect the fan.

Step 3 — Removing the old thermal paste.



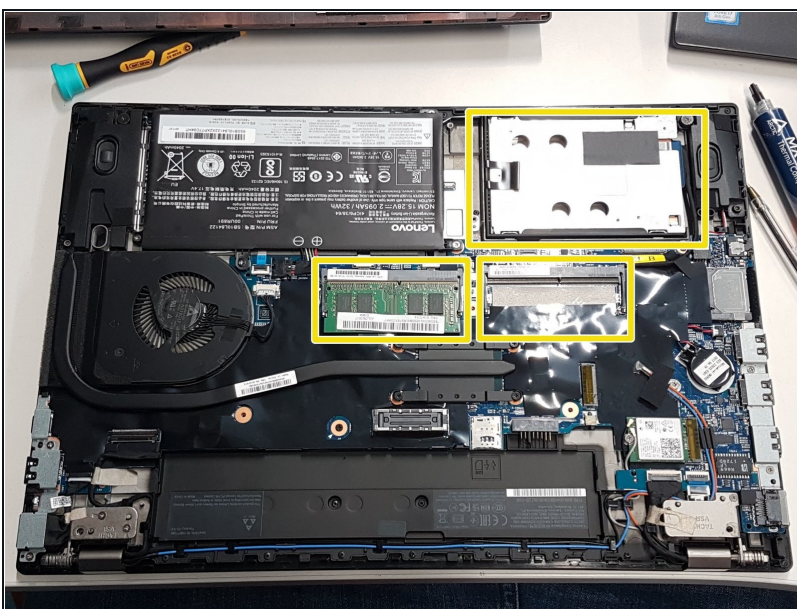
- Clean the old thermal paste both from the cooler and the CPU. It is best to use isopropyl alcohol and cotton swabs or paper towel, but be careful not to go too hard on the CPU.

Step 4 — Applying new thermal paste.



- Don't use too much thermal paste, just enough to cover some portion of the pad. If you have a spreader, use it. The thermal paste will apply evenly after you tighten the heatsink.
- Last, put the heatsink back carefully and tighten the screws in order 1 -> 4 to ensure even pressure. Don't forget to plug in the fan cable.

Step 5 — Other upgrades.



- Once you opened the back cover, it is a good idea to upgrade the RAM or the SSD if you want.
- It is also recommended to use compressed air to remove any dust in the laptop and the fan.
- **Don't forget to plug in the second battery before closing the back panel!**

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