



Lenovo ThinkPad T490s - Thermal Paste Replacement

This guide will show you how to open the laptop...

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INTRODUCTION

This guide will show you how to open the laptop to replace the Thermal Paste. This guide will also help you upgrade the RAM or the SSD inside.

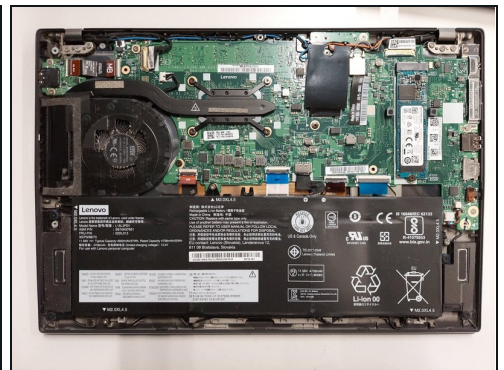
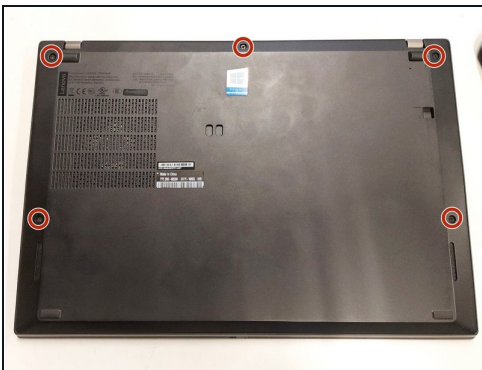
TOOLS:

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

PARTS:

Arctic Silver ArctiClean (1)
Arctic Silver Thermal Paste (1)

Step 1 — Opening the back panel



- Unscrew all screws holding the back panel in place.
- Use a prying tool to release all the clips and remove the panel.

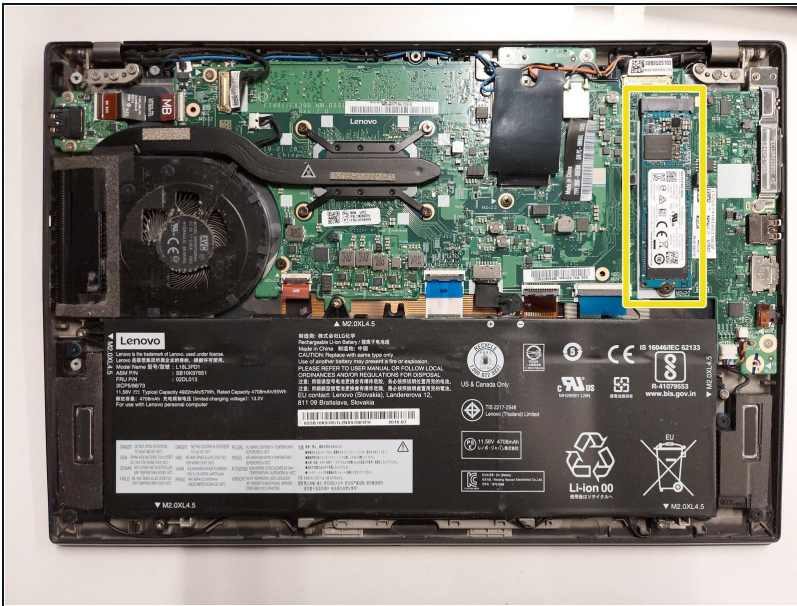
Step 2 — Changing the thermal paste



⚠ Disconnecting the battery is highly recommended.

- Unscrew the 4 screws holding the CPU heatsink and disconnect the fan.
- Clean the old thermal paste from both the cooler and the CPU.
 - ⓘ Use isopropyl alcohol and cotton swabs or paper towel, but be careful not to press too hard on the CPU.
- It's also recommended to use compressed air to remove any dust in the laptop and the fan.
- Use only enough thermal paste to cover a portion of the pad. Use a spreader if you have one.
 - ⓘ The thermal paste will apply evenly after you tighten the heatsink.
- Place the heatsink back into the unit carefully and tighten the screws in an "X" pattern to ensure even pressure. Don't forget to plug in the fan cable.

Step 3 — Other upgrades



- Once you have the back cover opened, it is a good opportunity to upgrade the SSD. To do so, follow the [SSD Replacement Guide](#).

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