



MacBook Pro 15" Retina Display Mid 2014 Heat Sink Replacement

Replace the Heat Sink in your MacBook Pro 15" Retina Display Mid 2014.

Written By: Walter Galan



INTRODUCTION

Use this guide to replace your heat sink.



TOOLS:

- [MacBook Pro and Air 5-Point Pentalobe Screwdriver](#) (1)
- [Spudger](#) (1)
- [Arctic Silver ArctiClean](#) (1)
- [Arctic Silver Thermal Paste](#) (1)
- [T5 Torx Screwdriver](#) (1)



PARTS:

- [MacBook Pro 15" Retina \(Late 2013/Mid 2014, Integrated Graphics\) Heat Sink](#) (1)

Step 1 — Lower Case



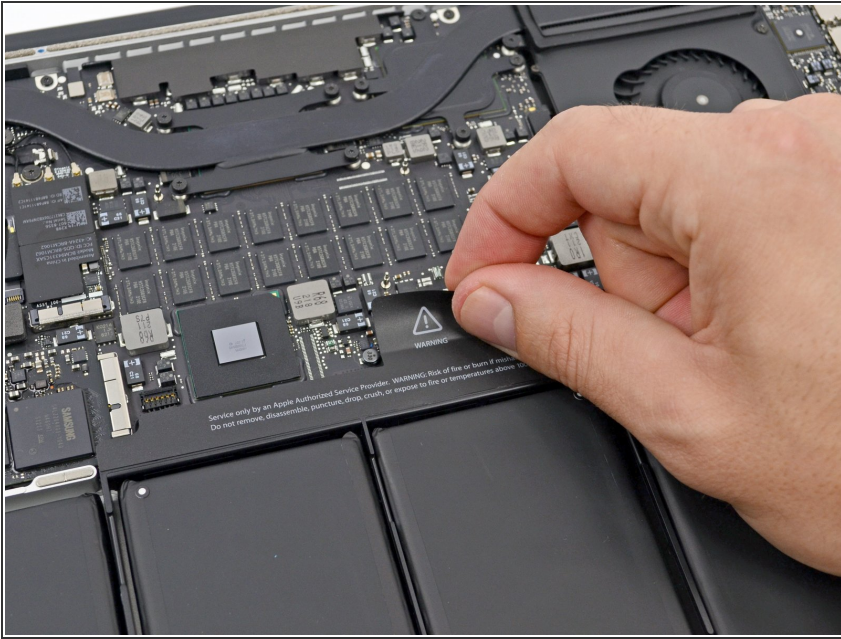
- Remove the following P5 pentalobe screws securing the lower case to the MacBook Pro:
 - Eight 3.0 mm
 - Two 2.3 mm

Step 2



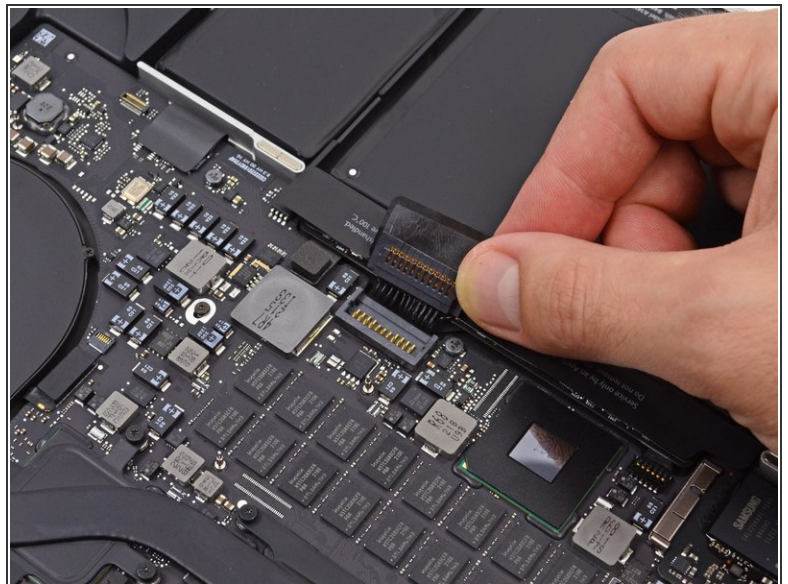
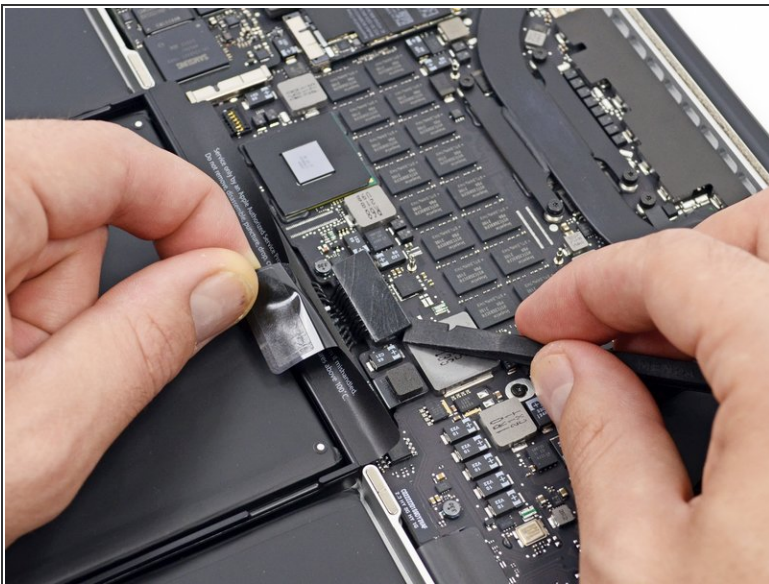
- Lifting from the edge nearest the clutch cover, lift the lower case off the MacBook Pro.
- Set the lower case aside.

Step 3 — Battery Connector



- Peel back the warning label covering the battery connector.

Step 4



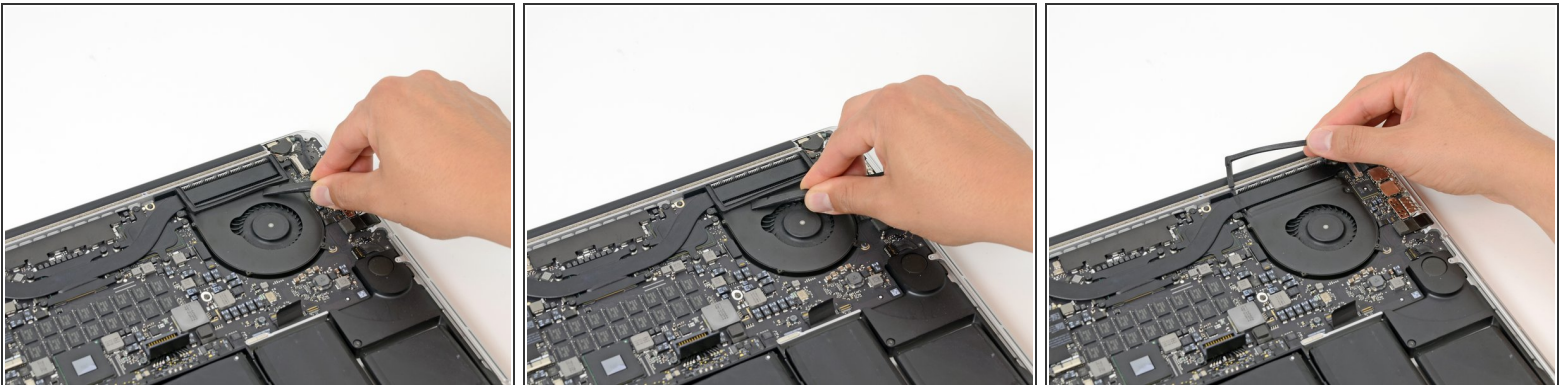
- Using the flat end of a spudger, gently pry the battery connector straight up out of its socket on the logic board.
- Bend the battery cables back and out of the way, ensuring that the battery connector doesn't accidentally make contact with the logic board.

Step 5 — Heat Sink



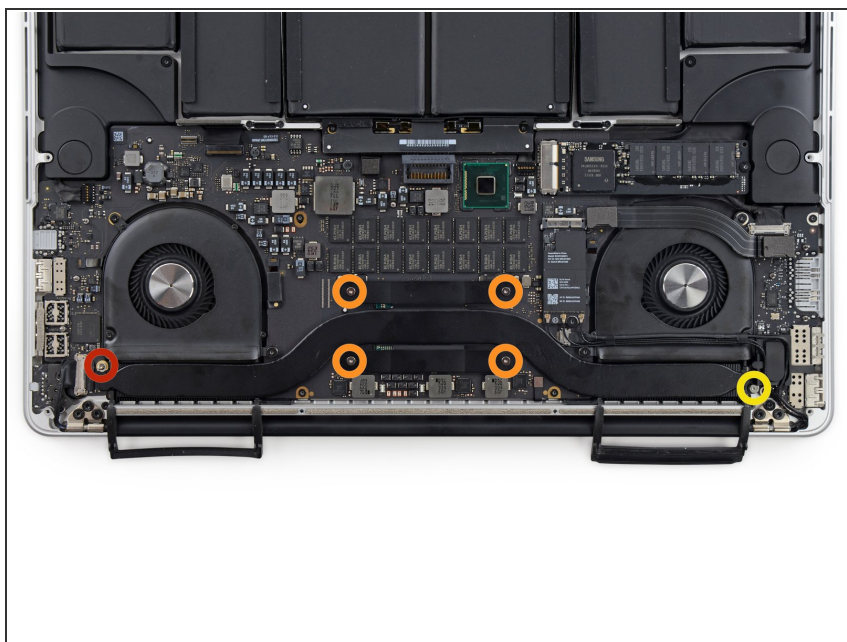
- Insert the flat end of a spudger underneath the rubber heat sink cover on the right fan.
- Slide the spudger underneath the length of the cover, releasing the adhesive.
- Lift the cover and rotate it off of the heat sink.

Step 6



- In the same manner described above, release the adhesive and flip back the heat sink cover on the left fan.

Step 7



- Remove the following six screws securing the heat sink to the logic board:
 - One 5.5 mm silver raised head T5 Torx screw
 - Four 3.5 mm T5 Torx screws
 - ⓘ If your model uses discrete graphics, you may have more screws to remove.
 - One 3.8 mm silver T5 Torx screw

Step 8



- Grasping the heat sink from one side, lift the heat sink off of the MacBook Pro, pulling it free from the computer.
- ⓘ The thermal paste may make it difficult to remove the heat sink. Pull the heat sink off gently but forcefully to avoid damaging any components on the logic board.
- ✦ When installing the new heat sink, do not forget to replace the thermal paste underneath the heat sink. See our [Applying Thermal Paste](#) guide for further instructions.

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