



How To Fix Sticky Keyboard Keys on a MacBook

Learn how to fix sticky MacBook keyboard keys.

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INTRODUCTION

Sticky keyboard keys are a common problem with MacBook laptops, usually resulting from drink spillage, food crumbs, or other substances gumming up the keys. Fortunately, with this guide, it is an easy fix.

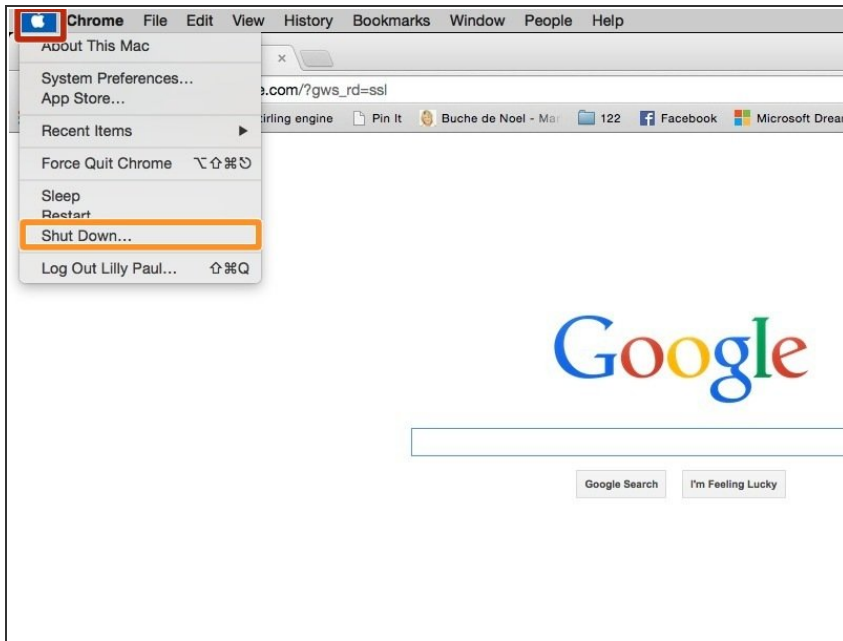
If cleaning your keyboard doesn't fix the issue, iFixit does sell [MacBook Pro replacement keyboards and parts](#) and also [MacBook Air replacement keyboards and parts](#).



TOOLS:

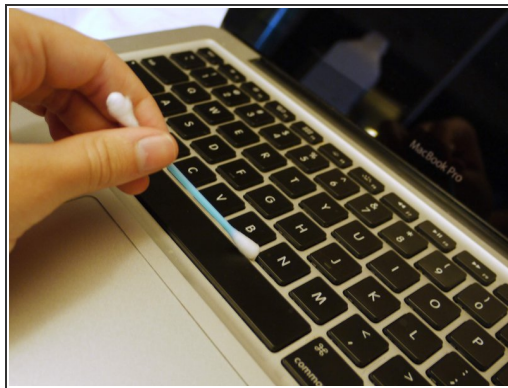
- [Electronics Cleaning Bundle](#) (1)
 - [Precision Cleaning Kit](#) (1)
 - [Toothpick](#) (1)
 - [Paper Towels](#) (1)
 - [Cup or Mug](#) (1)
 - [Dish Soap](#) (1)
 - [Heavy-Duty Spudger](#) (1)
 - [Spudger](#) (1)
 - [High Content Rubbing Alcohol](#) (1)
 - [Cotton Swabs](#) (1)
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Step 1 — How To Fix Sticky Keyboard Keys on a MacBook



- Before getting started make sure to completely turn off your computer.
- Click on the apple in the upper left-hand corner of your computer screen. A drop down menu will appear.
- Click "shut down".

Step 2



- Dip a q-tip in isopropanol, and wipe around each sticky key.

⚠ Make sure the q-tip is damp, not dripping.

i You may need multiple q-tips, as they get pretty dirty.

Step 3



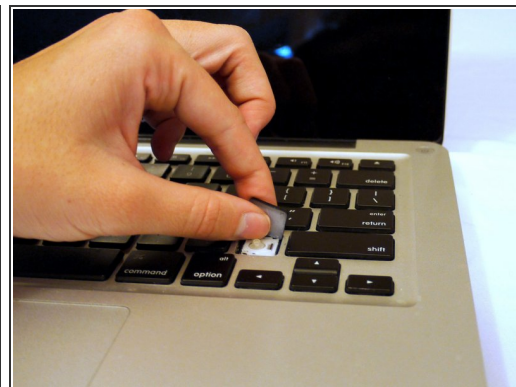
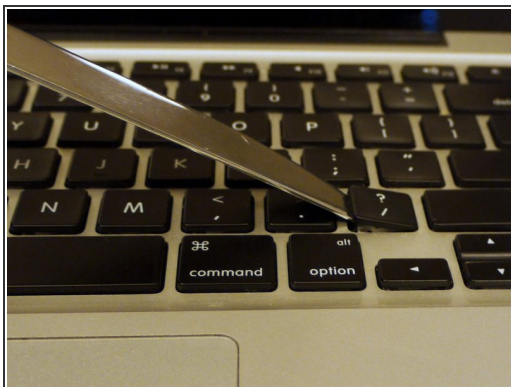
- Use a toothpick to remove crumbs or debris from under the sticky keys.

Step 4



- Now test out your keys. If they are still sticky continue on to Step 5.

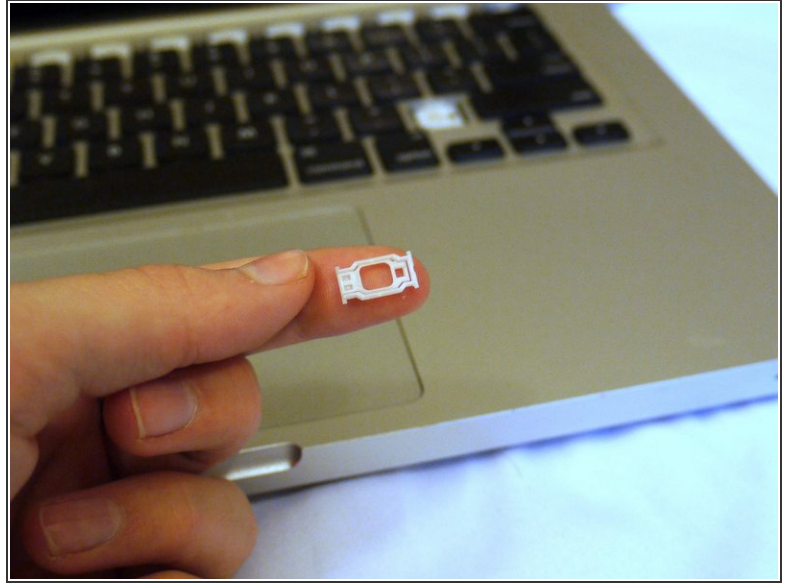
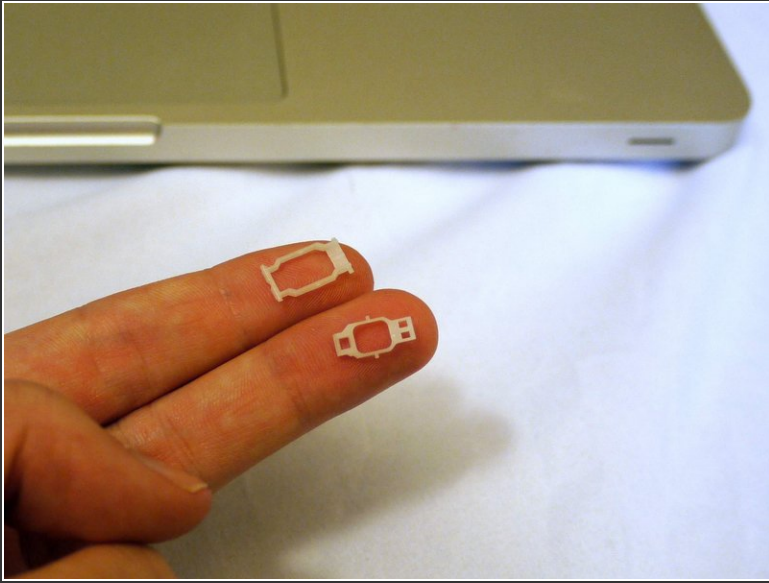
Step 5



- Use a spudger or plastic opening tool to pry up sticky keys.
 - Insert the spudger under the side of a key.
 - Lift up.
 - Use your fingers to twist the key off.

⚠ To avoid damaging your laptop, use a spudger or plastic opening tool rather than the butter knife shown in the image.

Step 6



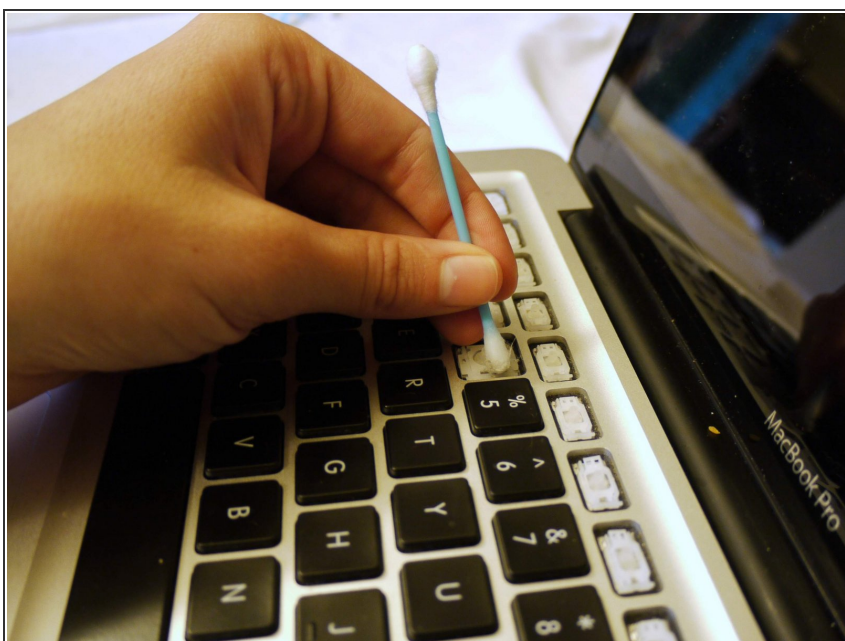
- When you are removing a key if one or both of these white plastic pieces come off the key board, don't worry. They are called key carriers and are very easy to put back on.
- If one part of the carrier is still in the keyboard, remove it so you have both in your hands.
- Look at the second picture and align the two pieces then push them together. There should be a soft clicking sound.
- In the same alignment as the second picture, place the carrier in the spot on the keyboard where it came off and press firmly into place.

Step 7



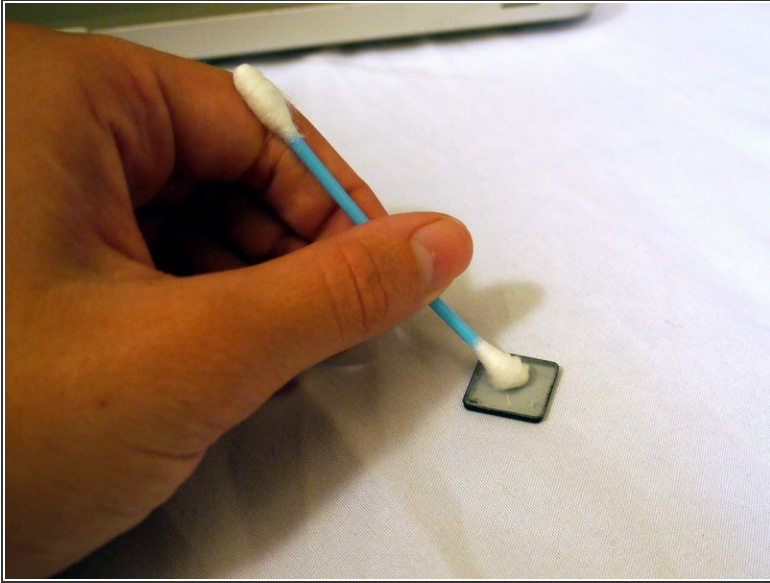
- Put soap and warm water in a cup.
- As you remove the keys, put them in the soapy water.
- Let the keys soak for 10 minutes.

Step 8



- Wipe down your keyboard with q-tips damp with rubbing alcohol.

Step 9



- Optional: If your keys are particularly sticky use rubbing alcohol and a q-tip to wipe the back of the keys.
- Dry the keys completely with a paper towel.

Step 10



- Pop the keys back on:
 - First align the key and press firmly into place.
 - Then, move your finger side to side until you hear a double clicking sound.

Hopefully now you've fixed the sticky keys problem on your MacBook. It's a good idea to do light cleaning and maintenance on your keyboard from time to time. [iFixit's Electronics Cleaning Bundle](#) and [Precision Cleaning Kit](#) are great for avoiding sticky keys and generally keeping the insides and outsides of your electronics spick and span.