



How To – Repair Rear Bumper

Courtesy of **gg8tcw**

OK, so this was the state of the car I was presented with. As you can see from the pictures, the impact has pushed the bumper in quite a long way, but i've been lucky in that it hasn't cracked and neither has the paint.



Having gone to my local dealer, I was faced with two options:

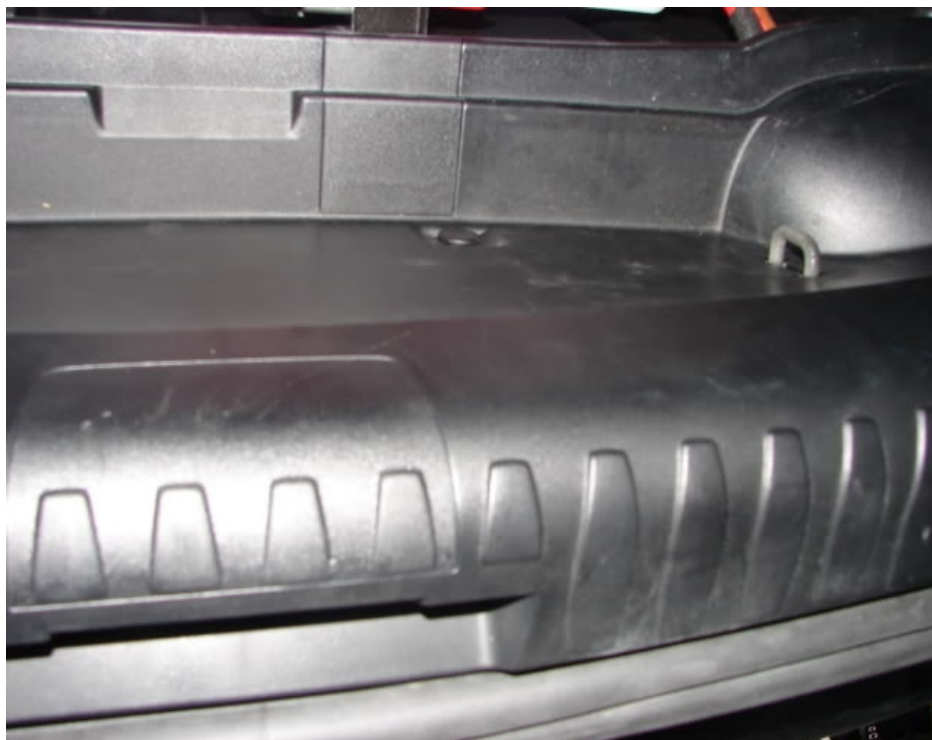
- 1) approx £650 for a new bumper.
- 2) send the car off to a repair shop to have it pulled and partially re-sprayed for £250 + VAT.

Not willing to pay for option 1, I thought about option 2 but decided to have a go myself at sorting the problem out and here's how I did it...

Open the boot and this bit of plastic trim needs removing...



You will see at the bottom of the plastic trim are two grommets, one on either side as shown in the two photos below





These grommets are just plastic plugs and need teasing out with a flat headed screwdriver protected with a handkerchief or something similar so you don't scratch the plastic. They do just pop out but need some force to do so.

Next, as you look at the top sill of the plastic trim, on each side is a small insert. This time a flat headed screwdriver is needed to prise open the plastic to reveal a cross headed screw.



Once this is off, I found it best to remove both light clusters, which is easily done. The light modules just clip out of their housings and the clusters are attached with 3 10mm nuts, which are easy to locate and remove.

With my car being an M-Sport, I had to remove the "Diffuser" thingy, which is attached just with four screws and several clips. The screw closest to the exhaust is an absolute pain to remove and replace but just requires patience. The screws can be seen on the four photos below as they are quite grey in colour.





Once this trim is removed, you are left with removing the main bumper, there are a number of 8mm screws to undo. There are 3 screws under each main arch, and quite a few underneath the connecting trim. There are also 3 10mm screws there as well! The underneath of the car looks something like this... you should be able to see some of the screws...



Once you have removed the screws, it is a case of gently easing the bumper off its mounts. The bumper clips in on the side of the arches and needs to be teased out slowly. You will see that the bumper tucks in under some trim in the middle part. This just needs to be lifted out and the bumper will slide out.



REMEMBER!!! not to pull away too quickly as you will need to unclip your rear number plate lights and reversing sensors. These are just very simple clips that you push in and pull out.

Your pride and joy will now look like THIS!!!



NOW TO SORT OUT THAT DAMAGE...

I turned the bumper face down onto the floor on a large piece of cloth, boiled a kettle, half filled a bucket of hot water and poured boiling water into the bucket. This very hot water was then poured into the inside of the bumper (the reversing sensors had been removed. These clip out easily) and once all poured in, my brother, gently stood on the dent (which is raised up as it's the inside of the bumper) and pushed it down.

The heating of the plastic meant that the bumper has popped back into shape with negligible distortion and no paint has cracked at all.

Time to put it all back together again. This is simply the reverse of the procedure that I did. with results shown below...



The impact had scratched the paint work, but as you can see, the main dent is removed and now looks good.



After a little bit of gentle black polish and T-cut, the bumper was improving..



It still needs a dap of touch up paint and will never win a concourse show, but i'm more than happy with the results i've achieved and with the money i've saved.

I've posted the bump in general discussion, so please feel free to leave me any feedback.