



# How To Install A Water Efficient Shower Head

This is a guide aimed to teach any user how to replace an older model shower system with a modern, water conserving shower system.

Written By: Drew Carlson



## INTRODUCTION

When moving into an older home, you may find old appliances that may need updating. In this guide, we will be replacing an old universal shower adapter and head for a new universal model.



### TOOLS:

- [Plumber Wrench](#) (1)
- [Chisel](#) (1)



### PARTS:

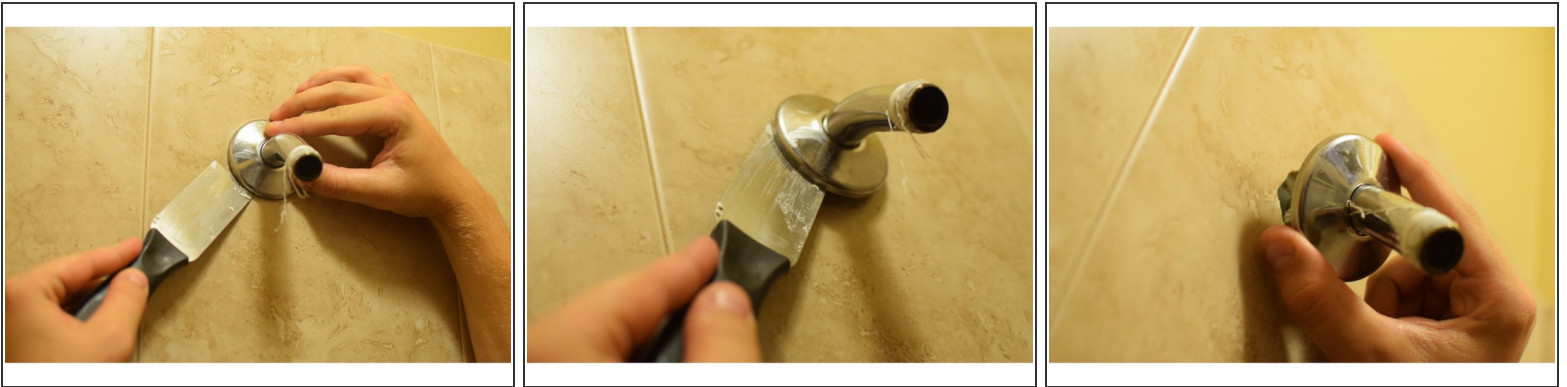
- [Shower Arm](#) (1)
- [Teflon tape](#) (1)

## Step 1 — How To Install A Water Efficient Shower Head



- First, you are going to remove the current shower head from the shower arm.
- Twist the shower head counter clock-wise until it is completely removed from arm.
- You will now see the existing older model ball adapter, which is not universal for modern shower heads.

## Step 2



- Some showers will have a face plate connected to the wall.
- In this case, use a chisel to gently pry the face plate from the wall.

### Step 3



- Next, you will be removing the current shower arm from the wall.
- Do this by turning the arm counter-clockwise until it releases from the wall.
- ⓘ You should use a wrench for this step.

### Step 4



- Remove the old shower arm from the wall and completely clear all debris from the hole in the wall.
- Locate the new shower arm.
- The shorter end will be the side you attach to the shower head.

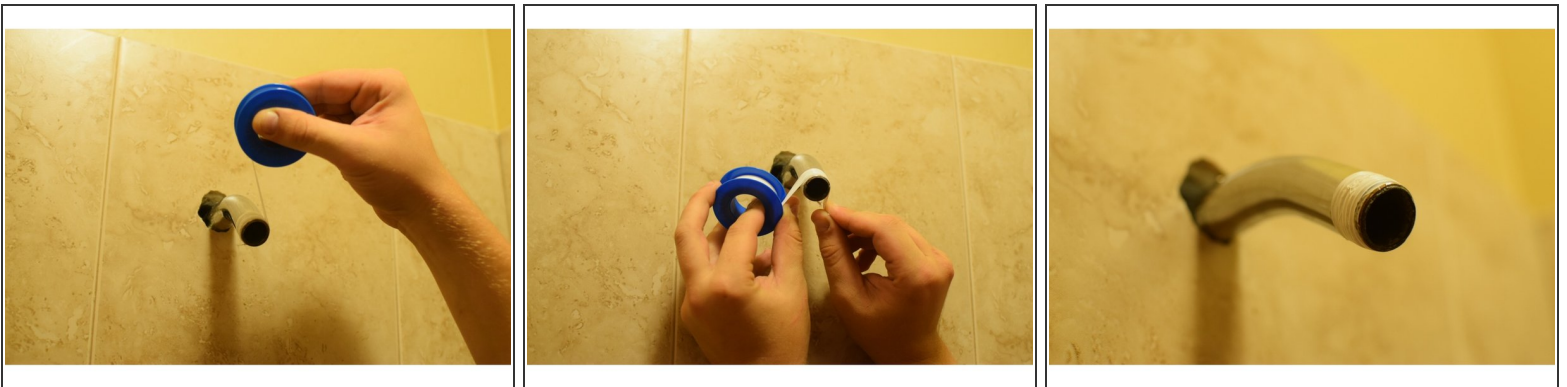




## Step 5



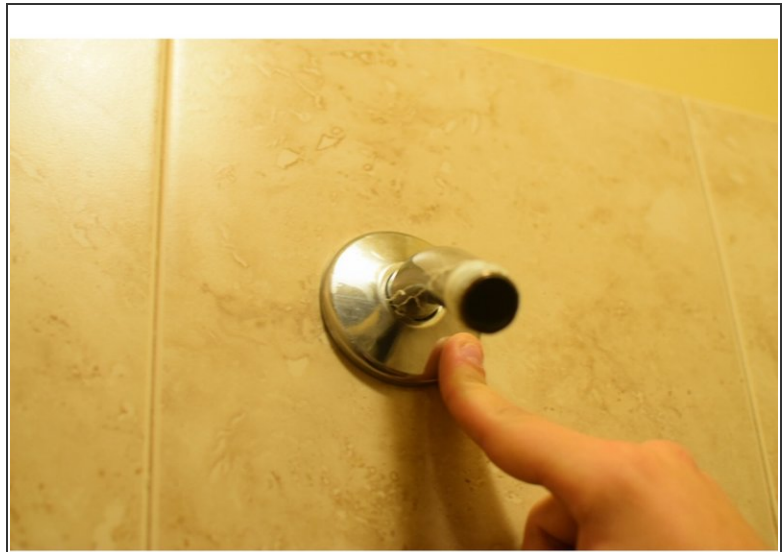
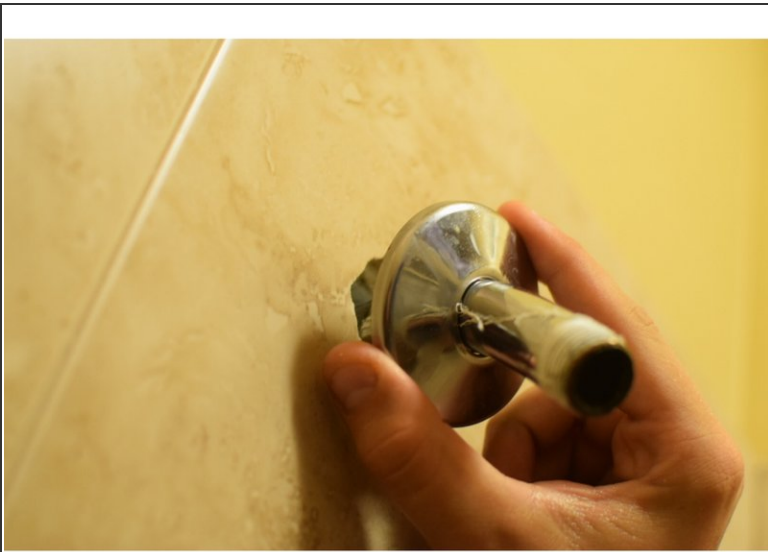
- Next, you are going to install the new shower arm, which is threaded on both sides to fit modern universal shower heads.
- Start by turning the arm clockwise into the threaded pipe in the wall.
- After a few turns with your hand, you will need to use a wrench to properly secure the arm into the wall.

## Step 6



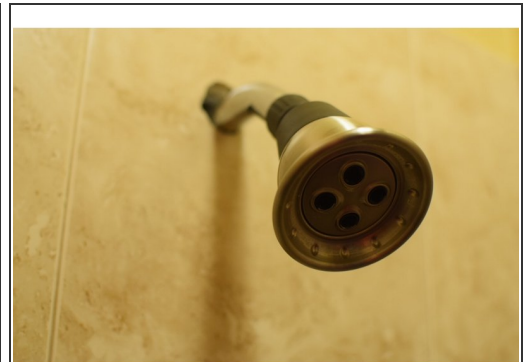
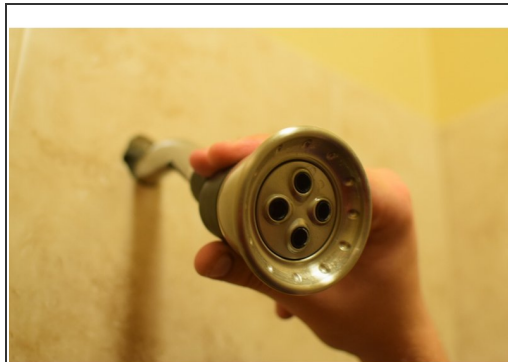
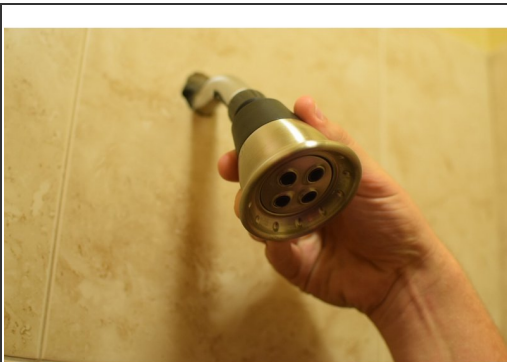
- Wrap teflon tape around the threading of the shower arm.
-  This prevents the shower head from leaking.
- Tightly wrap teflon tape around all of the threading of the pipe.
-  Make sure you do not apply too much tape, this could make the shower head not fit correctly.

## Step 7



- If your shower has a face plate, slide the plate over the shower arm onto the wall.

## Step 8



- Finally, attach the shower head by turning the threaded end clockwise tightly into the teflon wrapped end of shower arm.
- Enjoy the savings of your new water conserving shower!

Once finished installing the new shower head, turn on the water to make sure there are no leaks. If leaks are found, make sure all seals are tight and there is adequate teflon tape on all threading.