



How to Remove Calcium Buildup from a Shower Head

This guide will provide users with step-by-step instructions of an easy, yet effective way of removing calcium buildup from their shower head.

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INTRODUCTION

It is not uncommon to have minor, or major, calcium buildup on shower heads over time. This guide will help you to safely and easily remove the calcium by using an easy homemade cleaning solution out of vinegar and water. In this guide, you will go through the steps of removing the shower head from the wall spout, making the cleaning solution, the removal of calcium from the shower head, and putting the shower head back on the wall spout.



TOOLS:

- [Adjustable Wrench](#) (1)
- [Gallon size Plastic Bag](#) (1)
- [1 Cup of Vinegar](#) (1)
- [1 Cup of Water](#) (1)
- [1 Cup Measuring Cup](#) (1)
- [1 Metal Sponge](#) (1)



PARTS:

- [Shower Head](#) (1)
- [Bathroom Sink](#) (1)

Step 1 — How to Remove Calcium Buildup from a Shower Head



- Using an adjustable wrench, loosen the bolt that attaches the shower head to the wall spout by turning the wrench counterclockwise.
- ⓘ You may be able to loosen the shower head by hand.
- ⚠ Handle carefully because the shower head may be heavy.

Step 2



- Use your hands to finish unscrewing the bolt.
- Remove the shower head from the wall spout.

Step 3



- Pour one cup of water into the plastic bag.
- ⓘ Completing this step over a sink may help to avoid spilling the water.

Step 4



- Pour one cup of distilled vinegar into the plastic bag.
- ⓘ Completing this step over a sink may help to avoid spilling the solution.
- ⓘ If using the vinegar solution provided in steps 3 and 4 fails to provide adequate results, you may want to repeat the steps using CLR (Calcium, Lime, and Rust) solution instead.

Step 5



- Place the shower head face down into the plastic bag of vinegar solution.
- ⓘ Let the shower head sit for one hour before removing it from the plastic bag of vinegar solution.

Step 6



- After one hour, remove the shower head from the plastic bag of vinegar solution.
- Use a metal sponge to scrub in a circular motion to remove the treated calcium on the shower head.
- ☑ Excessive scrubbing could damage the finish.

Step 7



- Place the shower head under running water to remove any extra calcium left behind.
- ⓘ If calcium is still present, repeat steps 5 through 7 as needed.

Step 8



- Clamp the adjustable wrench onto the bolt of the shower head.
- Turn the adjustable wrench clockwise to tighten the shower head back onto the water spout.

