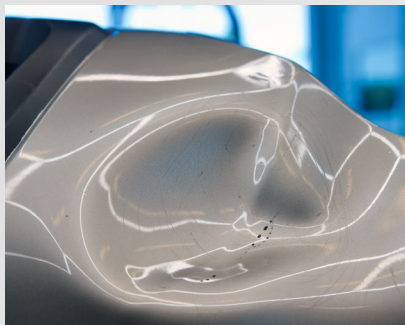




STEP 1 – Assess the ding

Identify the main crater, surrounding lows, highs, and any style lines or spines in the bumper shape.



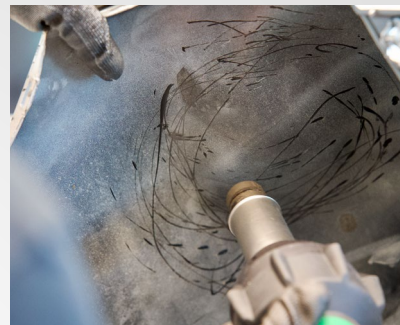
STEP 2 – Protect nearby texture

If an undamaged textured area is close to the repair, mask it before sanding.



STEP 3 – Heat

Heat around the crater, not only the centre. The surrounding plastic must soften so the damage can move back. Avoid overheating only the deepest point, as this can create a soft crater.



STEP 4 – Keep heat gun moving

Move around the repair area and carefully apply extra heat to stronger or thicker areas, especially style lines or reinforced sections.



STEP 5 – Push from the back

Treat every low as its own small section repair. Do not try to push the entire dent out at once.



STEP 6 – Use counter-pressure

When pushing from behind, use your hand or thumb on the front to control highs and guide plastic movement.



STEP 7 – Flat sanding

Sand flat with 120 grit or OSP 1. A flat sanding pass shows what is still low. Remaining paint usually indicates a low area.



STEP 8 – Repeat heat, push & sand

Work section by section until the surface is close to its original shape.



STEP 9 – Guide file the area

Use the Plastic Shaving File lightly to reveal any remaining highs or lows.



STEP 10 – Finish sanding

Use 180 grit or OSP 2 after filing, then finish the plastic repair to 240 grit in case of using Abranet.

