**Lens Removal:**

1. Pull the frame open in the middle on the top to release the top of the lens

2. Release the lens on the sides

3. Pull the lens upwards to release it from the nose bridge

**Lens Installation Steps:**

1. Insert the lens at the nose bridge and push it down into the nose bridge until it snaps into place

2. Insert both sides of the lens into the frame

3. Gently push the top and middle of the lens into place.