LENS REMOVAL:

1. Hold one end of the lens in one hand and the corner of the frame in the other. Gently pull the lens down and push the corner of the frame up to release the lens mounting tab from the frame. Repeat on the other side. Then pull the center of the lens out of the frame.

2. Remove the nose piece by holding the nose piece with one hand and gently pushing the lens up and away from the nose piece.

LENS INSTALLATION:

1. Install the nose piece by centering it on the lens and applying slight, even pressure in the center to seat it onto the lens.

2. Hold the top of the frame of the glasses with one hand while grasping in the center and the middle of the lens with the other hand. Gently insert the lens into the middle of the frame.

3. Hold the middle of the glasses in one hand, place your thumb on the bottom corner of the lens and apply slight pressure to insert the lens mounting tab into the frame.

4. Repeat on the other side.