



Ocean Easy
Stables

OES Helios Sun Specs

Changing the arm for the headband

Press firmly on the black button on the temporal edge of the frame and the arm will release.

NB. Don't pull if it does not release easily – push the button harder!

Clip the headband into place. Note that the larger of the 2 lugs on the arm and headband should be at the top.

Changing between Lenses

To remove the lens, take the outside edge of the lens between thumb and finger (we recommend using the case cloth or the soft pouch over your fingers to protect the lens). **Gently** pull the outside lens down and the outside edge of the frame up to release the lens from the temporal edge. Repeat this action on the other side. The lens will then be able to be taken from the central point over the bridge.

To place a lens in the frame, start with placing the lens over the centre nose piece. Once in place take the outside the outside edge of the lens between thumb and finger (we recommend using the case cloth or the soft pouch over your fingers to protect the lens). **Gently** pull the outside lens down and the outside edge of the frame up to locate the lens in the temporal edge. Repeat the same for the other side.

For right handed wearers it is usually easier to locate the left side of the lens first.

The glazeable script insert

Lens and side removal will become easier with wear.

The glazeable insert can just be gently pulled away from the frame to release. If you are taking your insert to be glazed by your Optometrist, they will need to see the whole frame in order to calculate the front curve and the base curve (back curve) of the lens for your script.