INTRODUCTION

Keep track of all the screws, this headset has a lot of them.

TOOLS:
- T2 Torx Screwdriver (1)
- Phillips #0 Screwdriver (1)
- ESD-safe pry tool (1)
- 3.5mm Hex Socket (1)
Step 1 — Unscrew the rear cover

- 6x T2 screws
Step 2 — Remove the rear cover

- One side at a time, insert a pick next to the nosepiece, slide it to the edge and pry.

- When both sides are loose, carefully lift the cover out.

⚠️ The proximity sensor is still connected, so be careful to not rip the flex cable.

- Unlatch the small black clip and pull the flex cable out. It is lightly adhered to the headset.

즄 During reassembly, make sure to position the cable correctly. Latching the small black clip back on shouldn't require much force. If you don't connect the cable correctly, the headset's screen may stay black and the device will turn off after a few seconds.
Step 3 — Unscrew the front cover

- 3x P0 screws
- 2x P0 screws

The two screws near the top are very deep.

---

Step 4 — Remove the front cover

- Insert a pick and pry at these four spots to release the clips.
- Lift the front cover away from the headset.
Step 5 — Unplug the battery

- Unplug the side WiFi antenna.
- 1x P0 screw
- 2x P0 screws
- Unplug the battery.

Remember to put part of the battery ribbon cable under the logic board when reassembling.

Step 6 — Remove the Bluetooth antenna

- Unplug the Bluetooth antenna.
- 2x P0 screws
- 4x P0 screws
- 2x P0 screws
- Lift the antenna away from the headset.
Step 7 — Remove the cooling fan

- Unplug the fan.
- 1x T2 screw
- 1x P0 screw
- Lift the front LED away from the headset.
- Lift the fan away from the headset.
Step 8 — Remove the heatsink

- 4x P0 screws
- Remove the heatsink.
Step 9 — Remove the mainboard

- Unplug the side WiFi antenna connector.
- Unplug the cable leading to the USB Type-C port and headphone jack.
- Lift and unplug the cables leading to the speakers.
- Unlatch and remove the cables leading to the top cameras, power button and status LED, bottom cameras, microphones, and volume rocker.
- Unplug the cables connecting the bottom cameras.
- Unlatch and remove the cables leading to the front LED and IPD sensor, and proximity sensor.
- Unplug the cable leading to the screen.
Step 10 — Remove the mainboard

- 1x 3.5mm hex screw
- 4x P0 screws
- Remove the mainboard.

Step 11 — Mainboard

Close up on the mainboard.
Step 12 — Remove the midframe

- 2x P0 screws
- 2x P0 screws
- Unroute the side WiFi antenna.
- Lift the midframe away from the case.
Step 13 — Remove the battery

- 4x P0 screws hold the battery in the case.
- 3x T2 screws secure the battery cover.

The Quest 2 has a battery life of 2.5 hours, drawing an average of 5.6W.

Step 14 — Remove the arms/speakers

- Four P0 screws hold part of the retaining plastics on each arm/speaker.
- Remove the four metal clips on each arm/speaker.
- The plastics holding the arms on can be removed/twisted off, releasing the arms from the rest of the case.
Step 15 — Lens assembly

- Small metal tabs hold the guide rails that the lenses slide on. Removing the rails reveals the display.

ℹ️ There is a protective sheet of plastic over the screen. Be careful of dust and scratches.