



Valve Index Headset Eye Tube Replacement

Follow this guide to replace one or both eye...

Written By: Sam Omiotek



INTRODUCTION

Follow this guide to replace one or both eye tubes on a Valve Index VR headset.

Power off and unplug your Index before you begin your repair.

Note: this is a cumbersome repair with small, loose components that may fall out during the process. Work slow, and carefully keep track of any pieces that fall out.



TOOLS:

Spudger (1)
T5 Torx Screwdriver (1)
1 x Opening Picks (1)
Tweezers (1)
Flathead 3/32" or 2.5 mm Screwdriver (1)



PARTS:

Valve Index Headset Left Eye Tube Assembly (1)
Valve Index Headset Right Eye Tube Assembly (1)

Step 1 — Adjust the eye tube relief



- Twist the eye tube relief knob clockwise to fully extend it.

Step 2 — Remove the face gasket



- Use your hand to gently pull the face gasket straight off of the headset.
 - ① The face gasket is held in place by four magnets that secure to screws in the face bezel.
- ☑ Before installing a face gasket, ensure the [four screws](#) securing the face gasket bezel are installed. Otherwise, the face gasket will not stay in place.

Step 3 — Remove the head strap clip



- Insert the flat end of a spudger in between the bottom of the head strap clip and the head strap padding.
- Pry up on the head strap clip until it is unclipped from the head strap.
- ☑ To reinstall, first locate the recesses on the head strap for mounting the clip. Next, align the clip with the recesses, verify the tether cable is threaded through the clip, then simply press the clip back into place.

Step 4 — Separate the cable from the head strap guide



- Use your fingers to pull the tether cable straight up off of the head strap cable guide.

Step 5 — Disconnect the tether cable



- Pull the tether cable straight back out of the headset.

Step 6 — Remove the face gasket bezel



- Use a T5 Torx screwdriver to remove the four 6.0 mm screws securing the face gasket bezel to the headset.

Step 7



⚠ Do not try and pry the face gasket bezel off, or you will damage the headset.

- Grab the left edge of the face gasket bezel with your hand and slide it off of the headset.
- ☑ During reassembly, visually verify the clips on the face gasket bezel are aligned with the headset before sliding it into place.

Step 8



- Repeat the previous step for the right side of the face gasket bezel.
- Remove the face gasket bezel.

Step 9 — Remove the eye tube gasket



- Use a pair of tweezers to separate the left edge of the eye tube gasket from the headset.
 - Repeat the process for the right edge of the gasket.
- ☒ During reassembly, make sure these holes are secured to the pegs on the headset before continuing.

Step 10



- Gently peel the eye tube gasket out of the headset.
- ① The eye tube gasket is lightly adhered to the perimeter of the lenses. It should pull off easily.

Step 11 — Remove the front cover



- Use your hand to pull the front cover straight off of the front of the headset.
 - ❗ The front cover is held in place by four magnets that secure to screws in the motherboard cover.
- ☑ Before installing a front cover, ensure the [four screws](#) securing the motherboard cover are installed. Otherwise, the front cover will not stay in place.

Step 12 — Remove the motherboard cover



- Use a T5 Torx screwdriver to remove the four 5.4 mm screws securing the motherboard cover to the headset.

Step 13



- Remove the motherboard cover from the headset.

Step 14 — Remove the front fascia



- Use a T5 Torx screwdriver to remove the following eight screws from the front fascia:
 - Four 6.3 mm screws with fine threads
 - Four 6.0 mm screws with coarse threads

Step 15



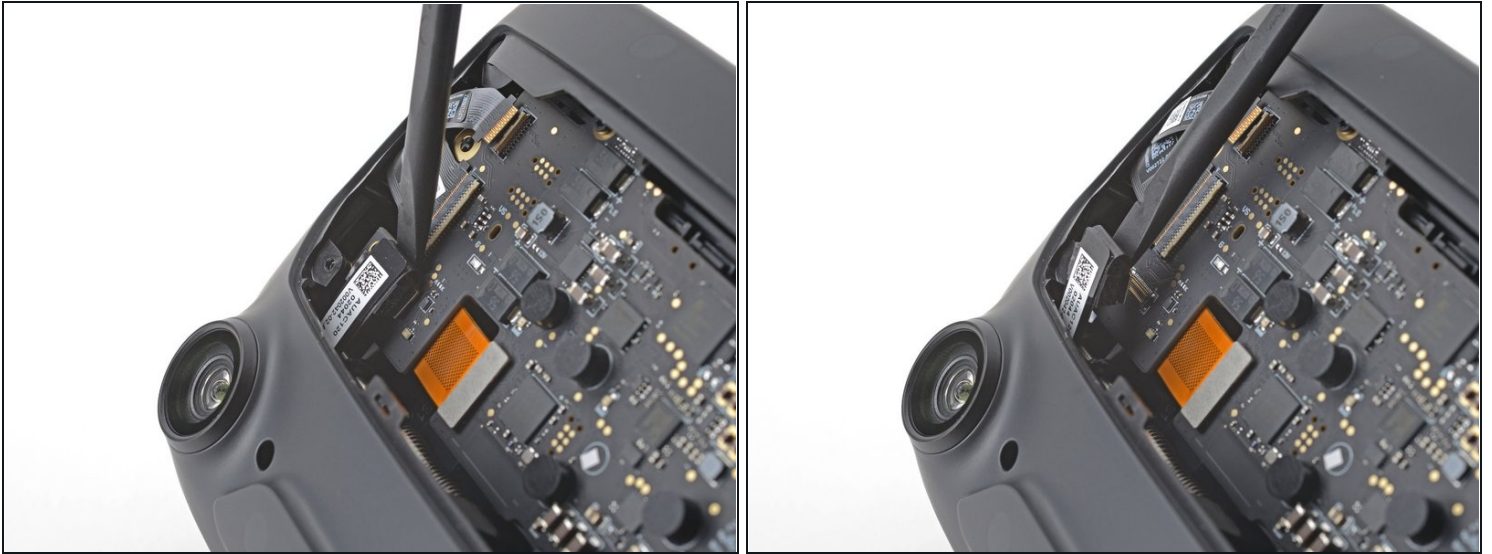
- Use a spudger to unlock the [ZIF connector](#) at the top-left corner of the motherboard.
- Disconnect the FPC ribbon cable from the motherboard.

Step 16



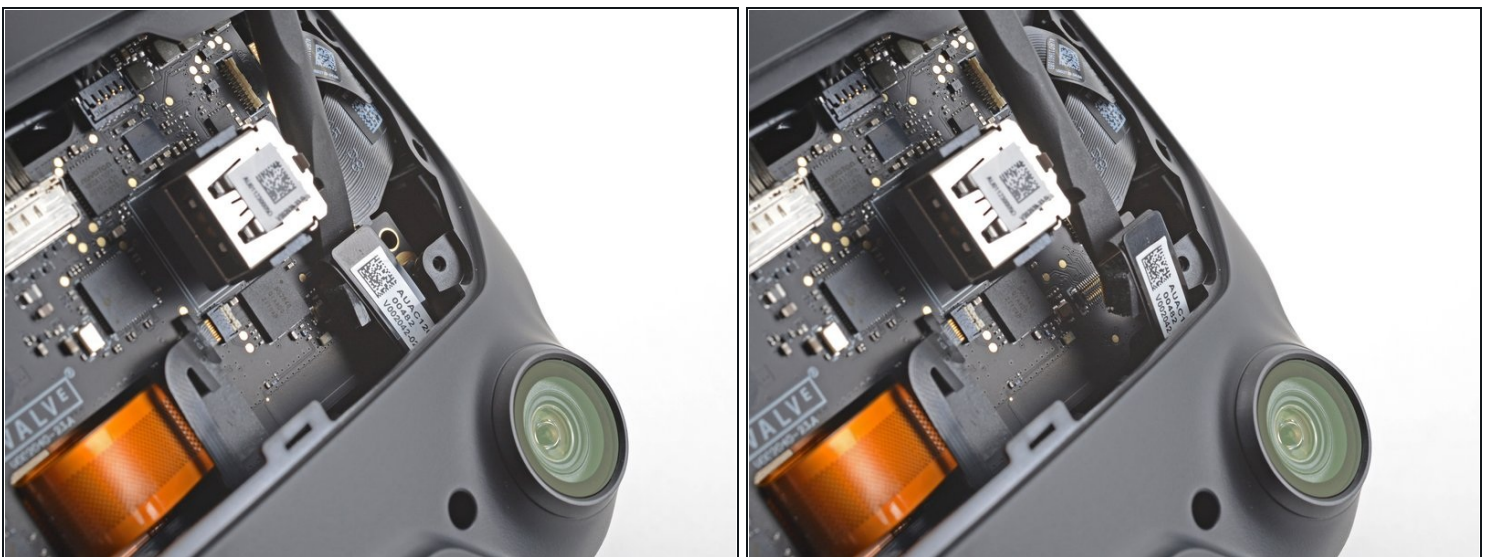
- Use a spudger to unlock the ZIF connector at the top-right corner of the motherboard.
- Disconnect the FPC ribbon cable.

Step 17



- Use the flat end of a spudger to disconnect the press connector from the bottom-left corner of the motherboard.
- ☑ To re-attach [press connectors](#) like this one, carefully align and press down on one side until it clicks into place, then repeat on the other side. Do not press down on the middle. If the connector is misaligned, the pins can bend, causing permanent damage.

Step 18



- Use the flat end of a spudger to disconnect the press connector from the bottom-right corner of the motherboard.

Step 19



- Insert an opening pick in between the front fascia and the headset.
- Slide the opening pick over to separate the front fascia from the headset.

Step 20



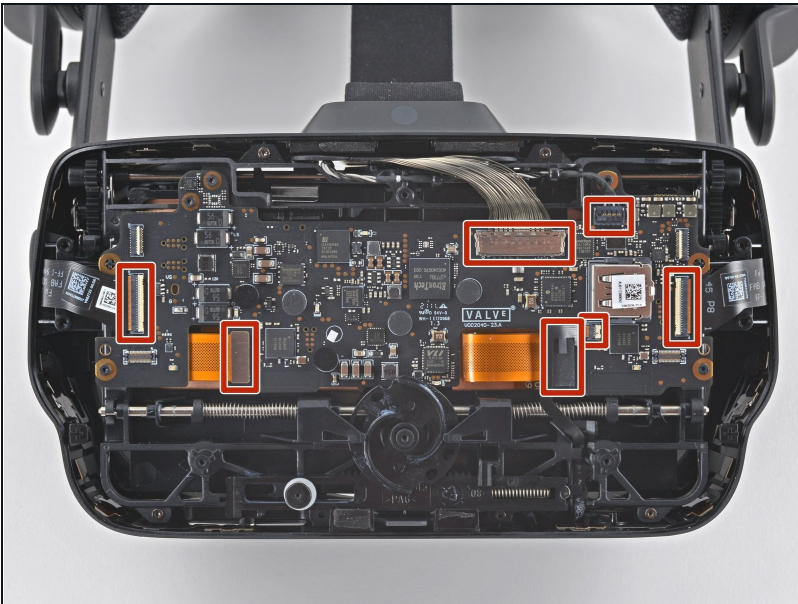
- Continue sliding the opening pick along the perimeter of the front fascia until all edges are free.

Step 21



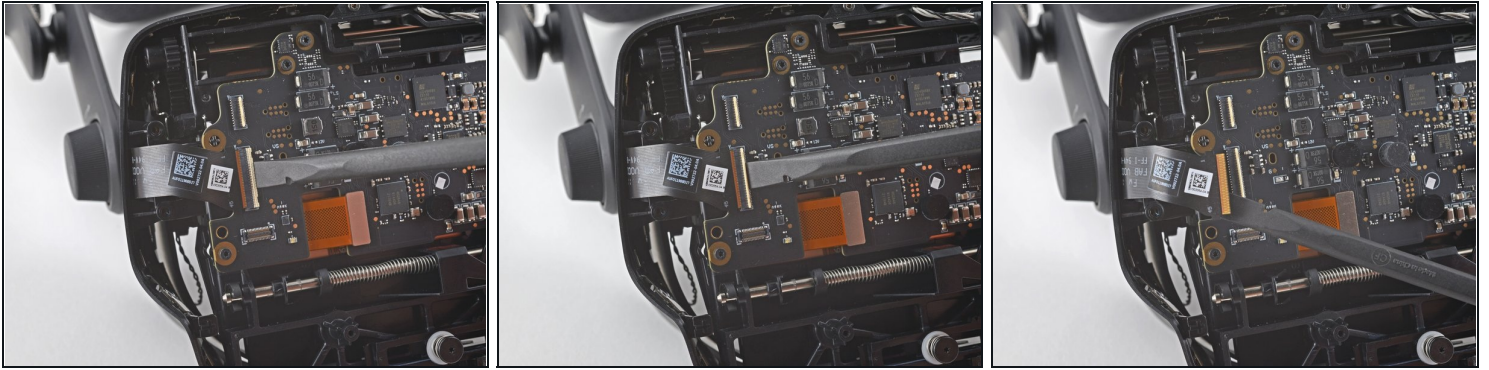
- Remove the front fascia.

Step 22 — Remove the motherboard



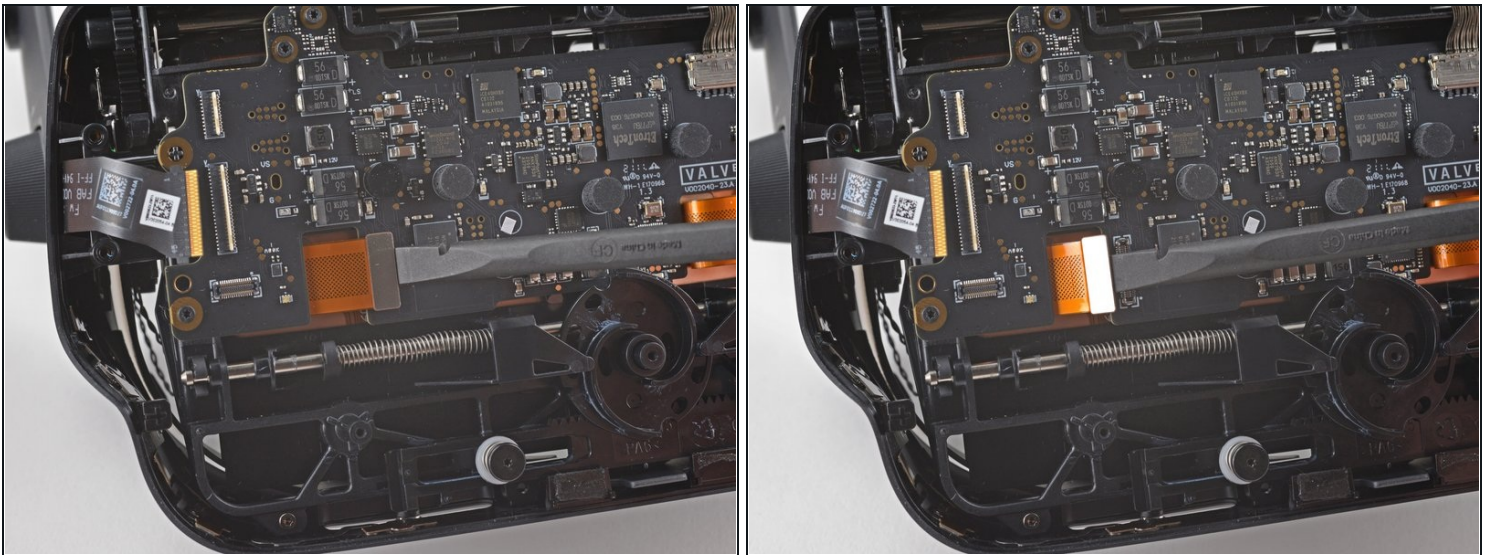
- Note the seven cables that must be disconnected in the following steps before the motherboard can be removed.

Step 23



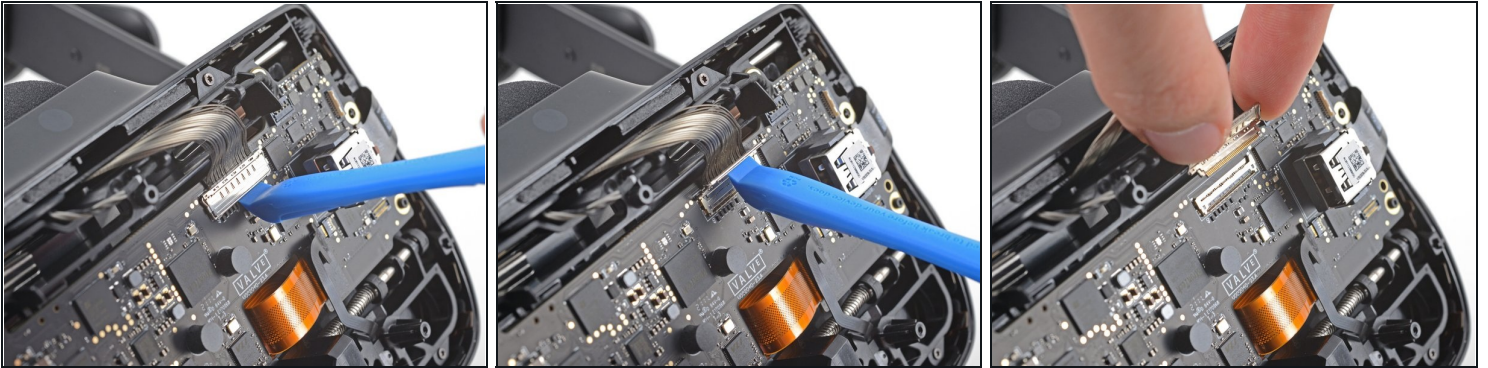
- Use the flat end of a spudger to unlock the wide ZIF connector on the left side of the motherboard.
- Disconnect the FPC ribbon cable from the motherboard.

Step 24



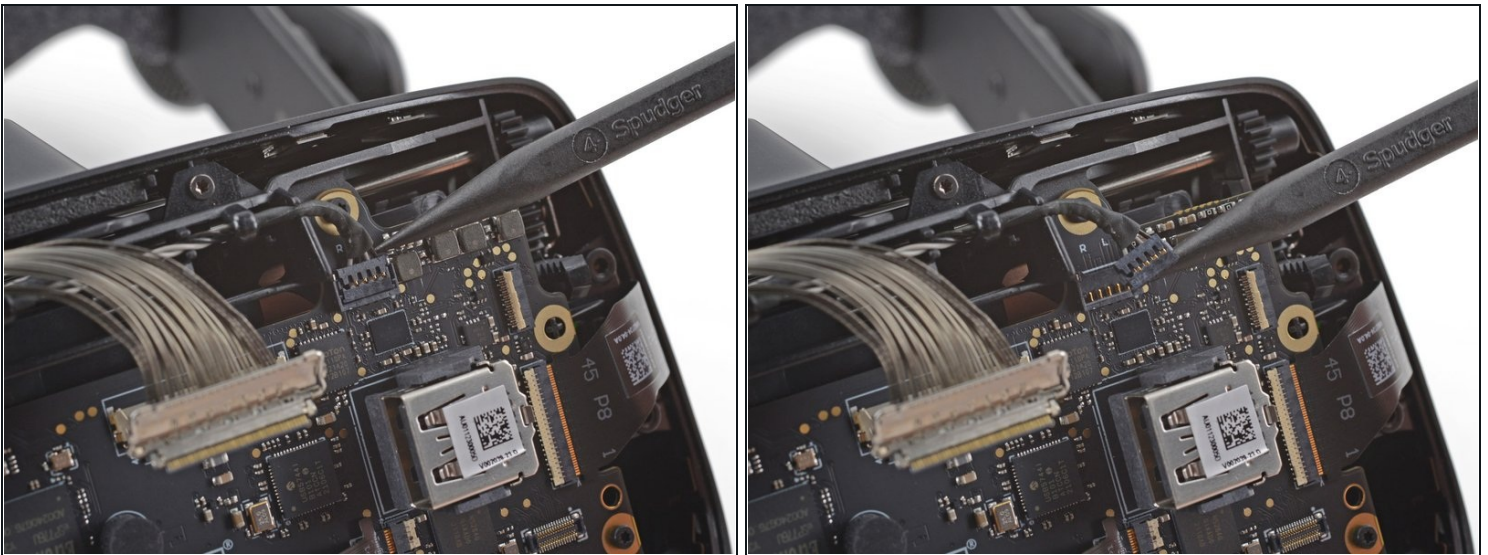
- Use the flat end of a spudger to disconnect the press connector near the bottom-left edge of the motherboard.
- ☒ During reassembly, be sure this cable is not trapped underneath the motherboard.

Step 25



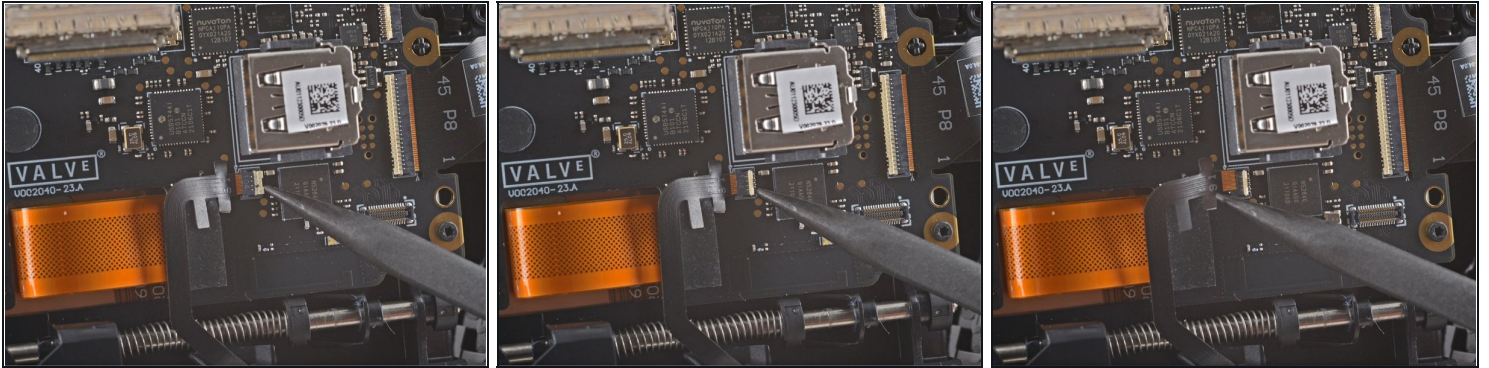
- Use your finger or an opening tool to unlock the display cable connector at the top of the motherboard.
- Carefully disconnect the display cable connector.

Step 26



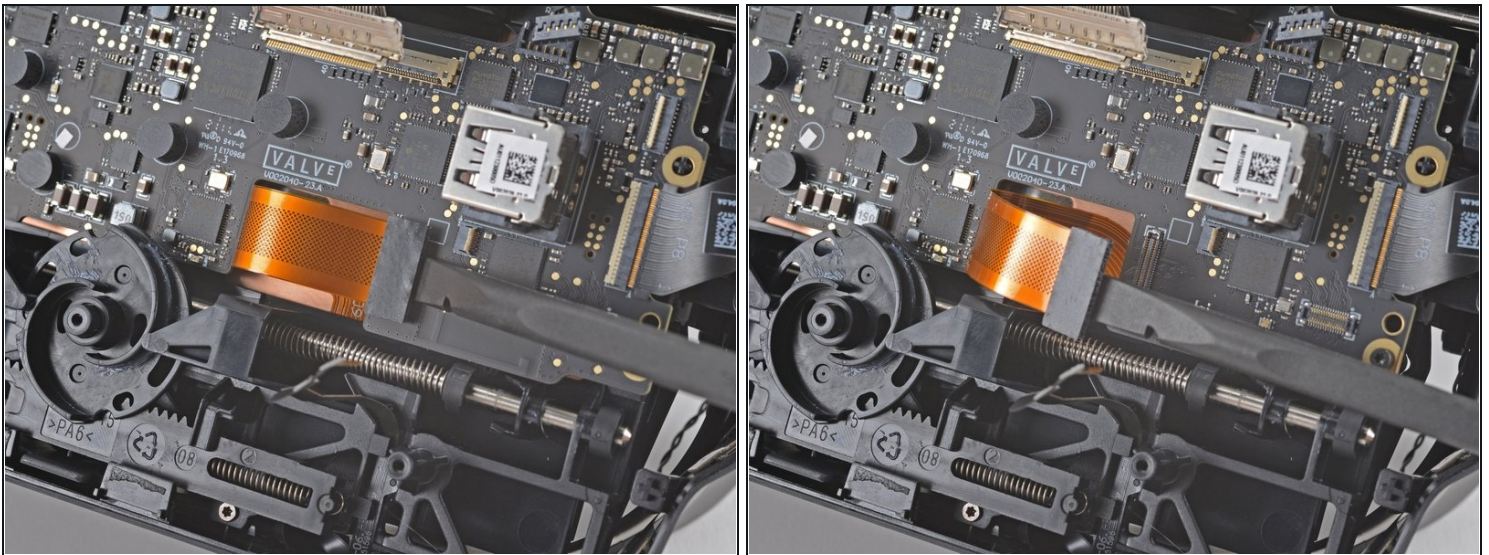
- Use the pointed end of a spudger to gently disconnect the bundled cable connector from the top-right corner of the motherboard.

Step 27



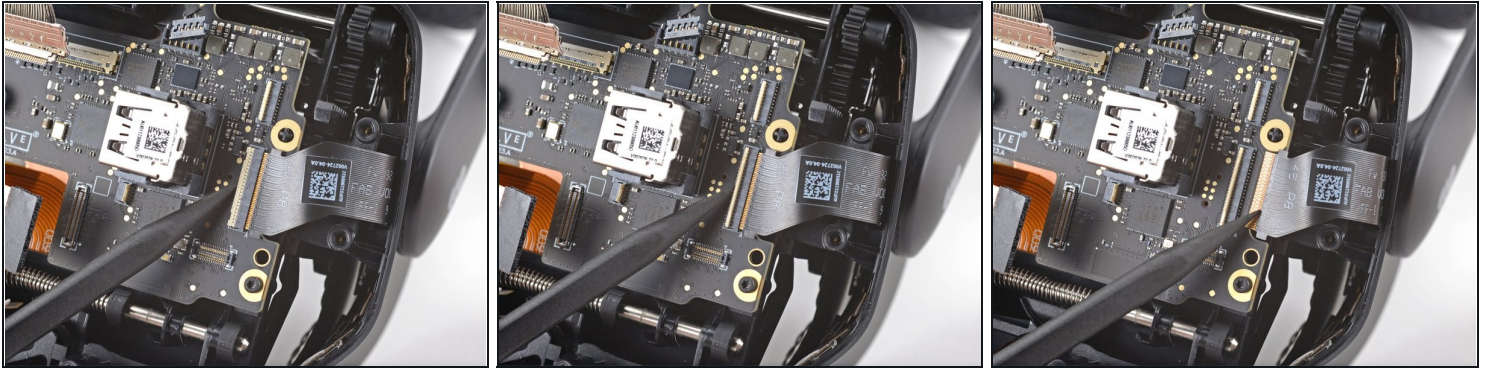
- Use the pointed end of a spudger to unlock the ZIF connector next to the USB port on the motherboard.
 - Disconnect the FPC cable from the motherboard.
- ☑ During reassembly, make sure this ribbon cable is not trapped under the motherboard.

Step 28



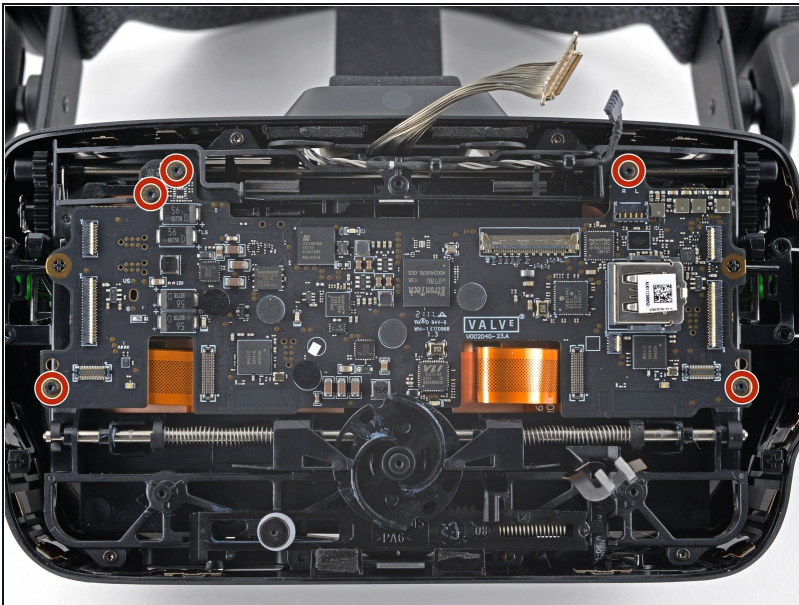
- Use the flat end of a spudger to disconnect the press connector below the USB port on the motherboard.
- ☑ During reassembly, make sure this cable is not trapped under the motherboard.

Step 29



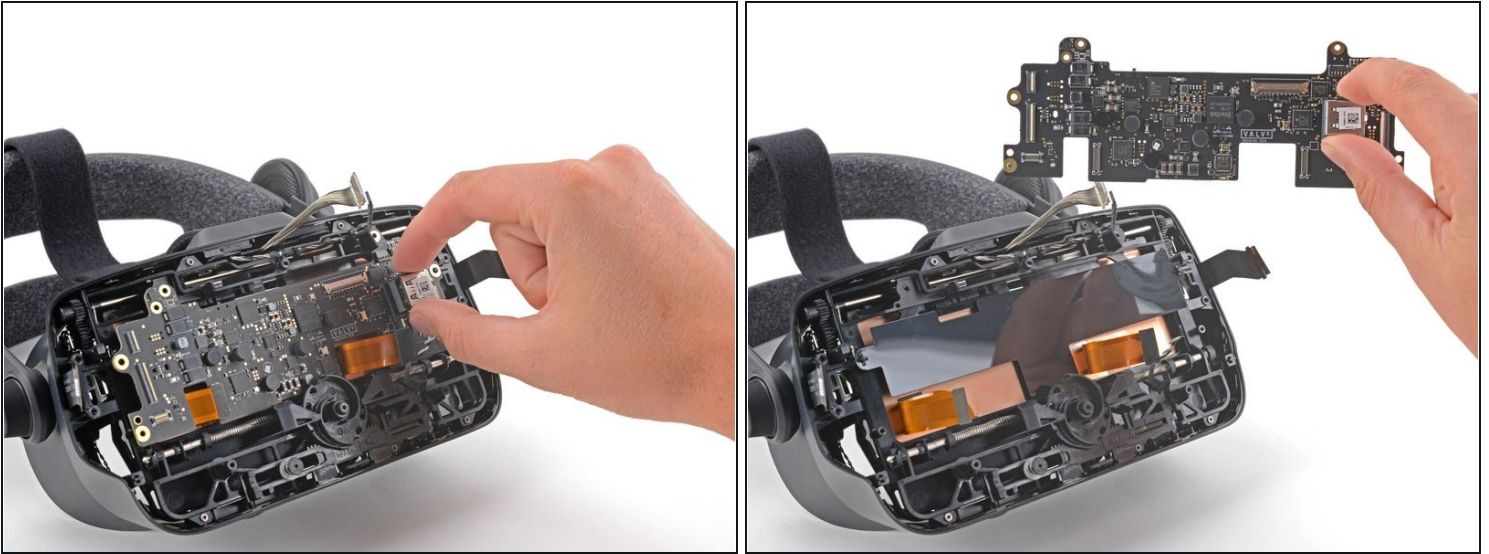
- Use a spudger to unlock the wide ZIF connector near the right edge of the motherboard.
- Disconnect the FPC ribbon cable from the motherboard.

Step 30



- Use a T5 Torx screwdriver to remove the five 6.0 mm screws securing the motherboard to the headset.

Step 31



- Grab the motherboard by the USB port and carefully remove it from the headset.
- ☑ During reassembly, be very careful not to trap any of the previously disconnected cables under the motherboard.

Step 32 — Remove the motherboard shield



- Lift the motherboard shield off of the two cross-shaped alignment pegs.

Step 33 — Remove the IPD screw



- Use your tweezers to remove the rubber boot covering the IPD adjustment screw.

Step 34



- Use a 2.5 mm (3/32 in) flathead screwdriver to remove the 6.5 mm IPD screw from the headset.

Step 35 — Remove the upper eye tube rail



- Use a T5 Torx screwdriver to remove the five 4.5 mm screws securing the midframe.

Step 36



- With the midframe loose, slide the case towards the back of the headset to expose the eye tube rails.

Step 37



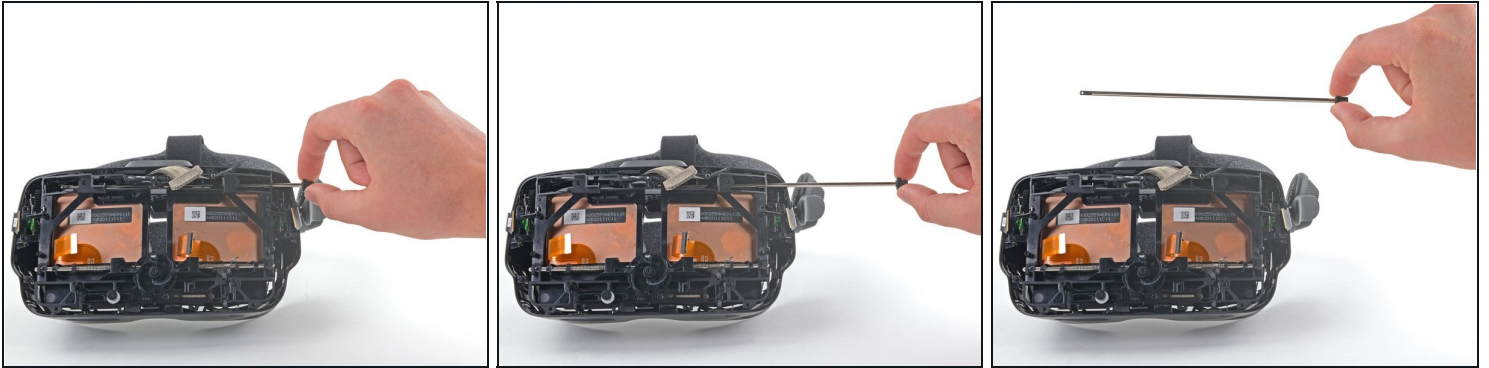
- Use a T5 Torx screwdriver to remove the 4.4 mm screw securing the left end gear to the eye tube rail.
- If the screw is not accessible, turn the eye relief knob to rotate the gear until it faces outward.

Step 38



- Remove the left end gear from the eye tube rail.

Step 39



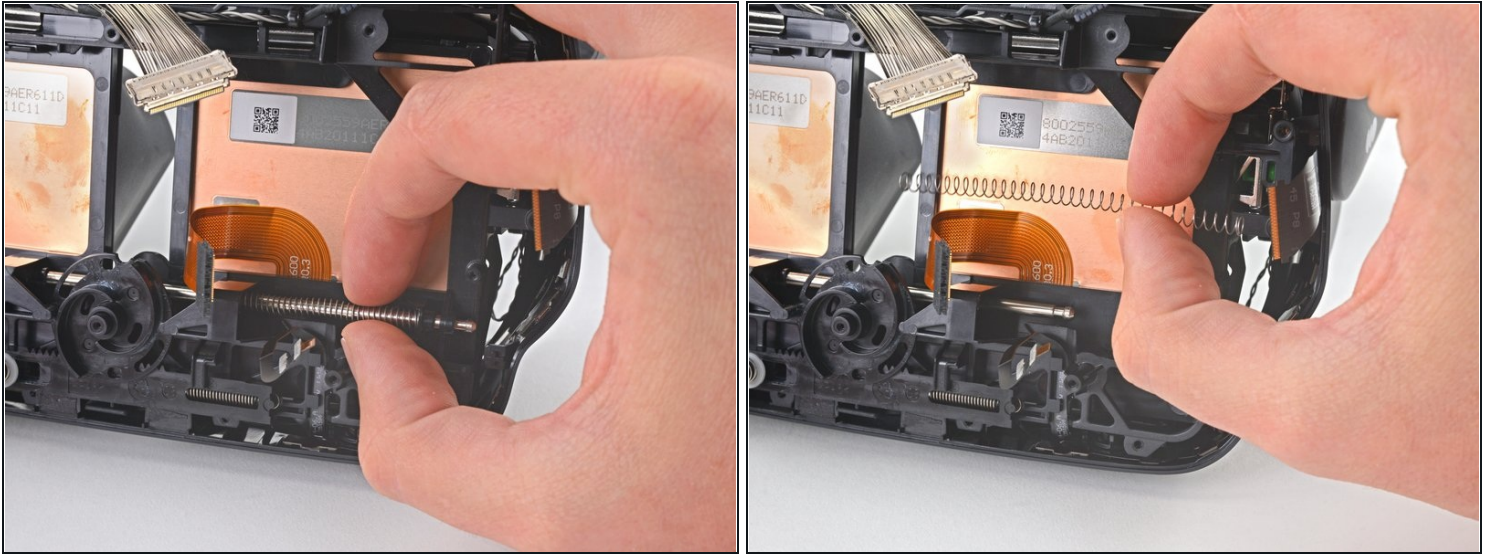
- Grab the gear on the opposite side and slide the eye tube rail out of the headset.
 - ① When removing the upper eye tube rail, two plastic bushing will fall out and two metal springs may fall out. [Keep track of these parts.](#)
- ☑ During reassembly, slide the bushings back on to the eye tube rail and use a pair of tweezers to align the springs to their [original positions.](#)

Step 40 — Remove the lower eye tube



- Use a spudger or your fingers to remove three of the four clips from the lower eye tube rail.
 - ① Hold the clips steady with one finger to prevent them from ejecting.
- ☑ To reinstall these clips, place the open end on the groove in the rail and press them into place.
 - ① Two of the clips require holding the spring back to install them.

Step 41



- Hold each spring with one hand to prevent them from ejecting as you slide the lower eye tube rail out.
- ☑ During reassembly, slide the springs on to the rail and carefully "walk" them back with your fingers until they are entirely on the rail.

Step 42



- Remove the lower eye tube rail.
- ① The eye tubes are now loose and can fall out.

Step 43 — Remove the eye tube(s)



- Remove the eye tube(s).
- ⓘ The eye tubes are a tight fit and can be tricky to remove and install. Try different orientations as you work them in or out; do **not** force them.

Compare your new replacement part to the original part—you may need to transfer remaining components or remove adhesive backings from the new part before installing.

To reassemble your device, follow the above steps in reverse order.

Take your e-waste to an [R2 or e-Stewards certified recycler](#).

Repair didn't go as planned? Try some [basic troubleshooting](#), or ask our Valve Index [Answers community](#) for help.