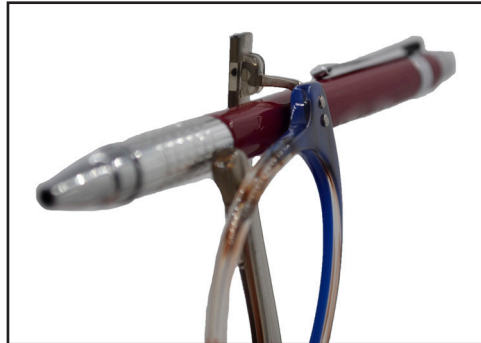# How to interchage an iGreen temple

Step 1
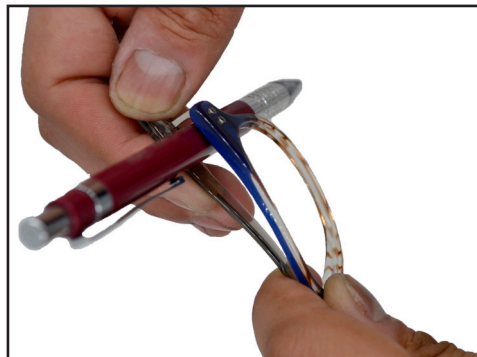Hold the frame with closed temples
(frame front facing you).

Step 2
Place a pen or pencil underneath the hinge
(where frame front and temple connect).

Step 3
While holding the frame front and temple together, slightly push
the temple away from the frame front.

This will cause the temple to be removed from the hinge.