



Oculus Quest 2 Disassembly

The Oculus Quest 2, also known as the Meta...

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INTRODUCTION

The Oculus Quest 2, also known as the Meta Quest 2, is a VR headset developed by Facebook (formerly Oculus) and is the 2nd iteration of the original Quest. The Quest 2 can run as a standalone headset, or in tandem with a computer when it's connected with either a USB cable or over Wi-Fi. The headset also features a Qualcomm XR2 processor, 6 GB of RAM, and a resolution of 1823 x 1920 per eye.

Also, be sure to keep track of all the screws, this headset has a lot of them.

Consult the [Recognizing & Disconnecting Cable Connectors \(RDCC\) guide](#) for information about the connectors.

For step-by-step repair guides, [click here](#).

TOOLS:

- T2 Torx Screwdriver (1)
 - Phillips #0 Screwdriver (1)
 - ESD-safe pry tool (1)
 - 3.5mm Hex Socket (1)
 - iFixit Opening Picks (Set of 6) (1)
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Step 1 — Unscrew the rear cover



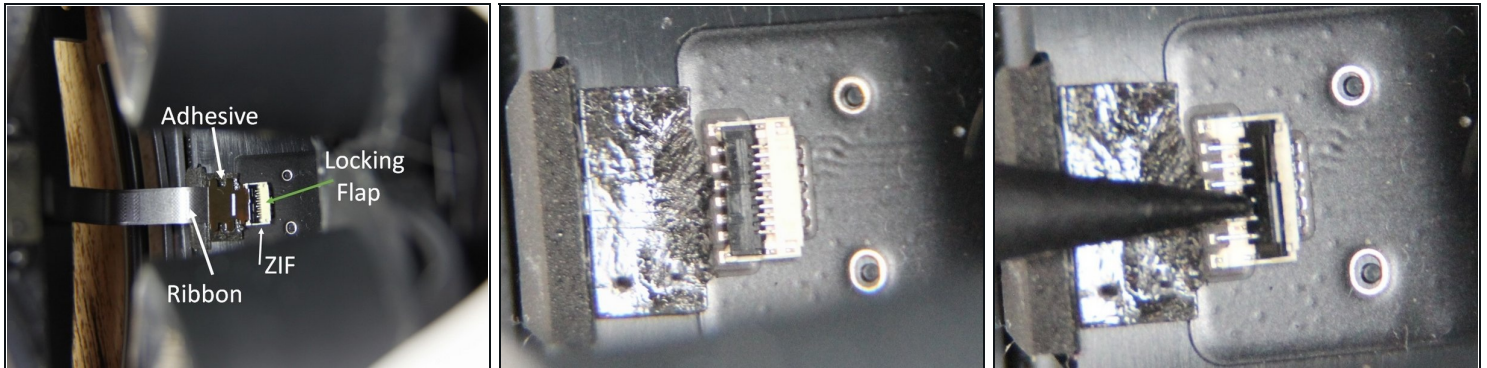
- Start by removing the six T2 screws that hold the inner lining of the headset to the front.

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, and fold it so that the nose piece is on the outer perimeter of the device, as shown in the second image.
 - ⚠ The proximity sensor is still connected via a flex cable, so be careful to not rip or crease the cable.
- Lift the small black clip on the ZIF connector up, and pull the flex cable out.
 - ⚠ The cable is lightly adhered to the headset so be careful when removing it.
- ☑ 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 — Detach ZIF Connector



- The ribbon cable is lightly attached to the headset with adhesive and the cable is connected with a ZIF connector. Consult [Step 1 of the Recognizing & Disconnecting Cable Connectors guide \(RDCC guide\)](#) for ZIF connector info.
- Use the tip of a spudger to flip up the locking flap to release the cable. See pictures 2 and 3 to understand how the flap operates.

⚠ The cable is lightly adhered to the headset so be careful when removing it.

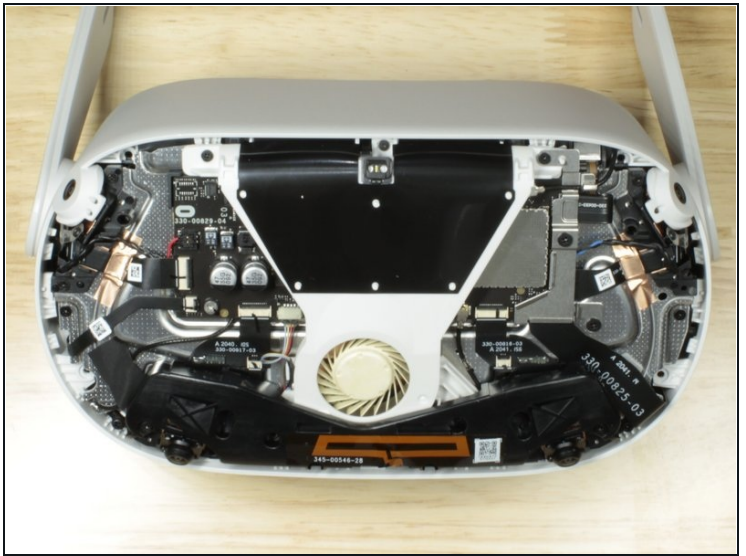
- ☑ During reassembly, make sure to position the cable correctly. Latching the small black clip back on shouldn't require much force. If you don't connect the cable correctly, the headset's screen may stay black and the device will turn off after a few seconds.

Step 4 — Unscrew the front cover



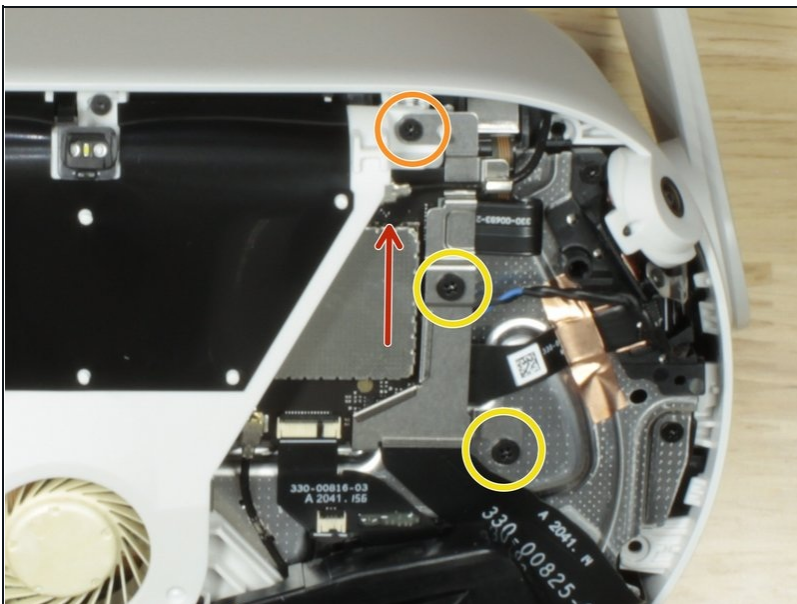
- Remove the three P0 screws.
- Remove the two P0 screws
 - ① The two orange screws near the top are very deep, a longer head screwdriver may be required

Step 5 — Remove the front cover



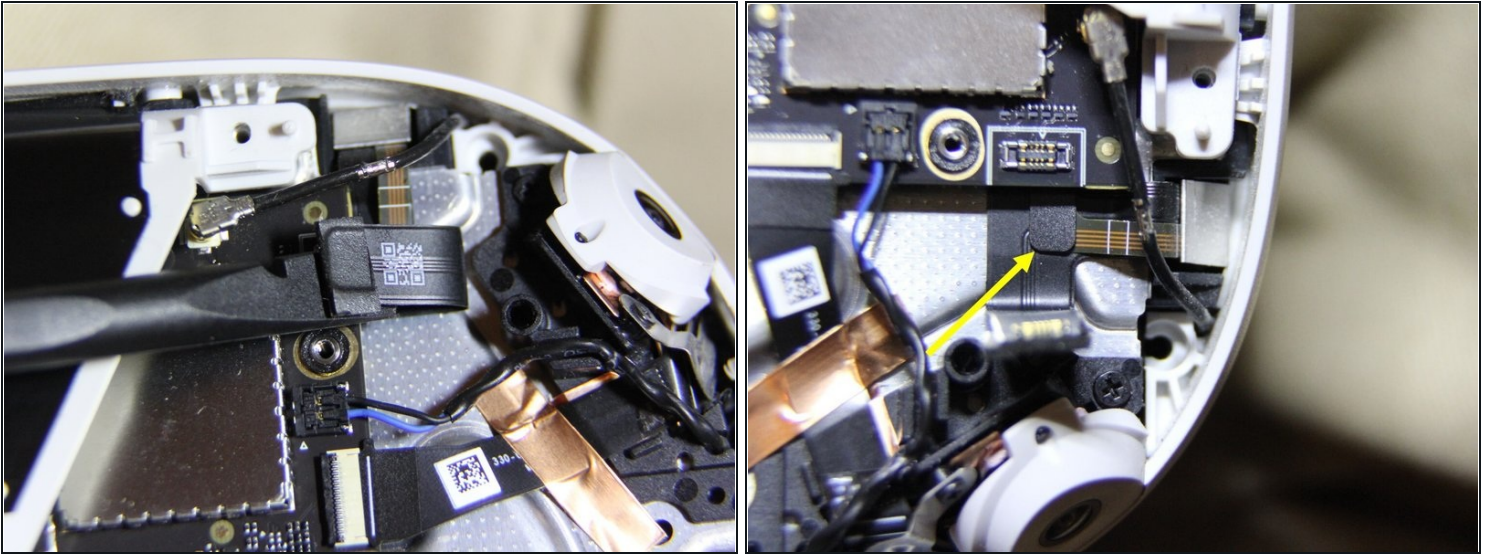
- Insert a pick and pry at these four spots to release the clips.
- Lift the front cover away from the headset.

Step 6 — Unplug the battery



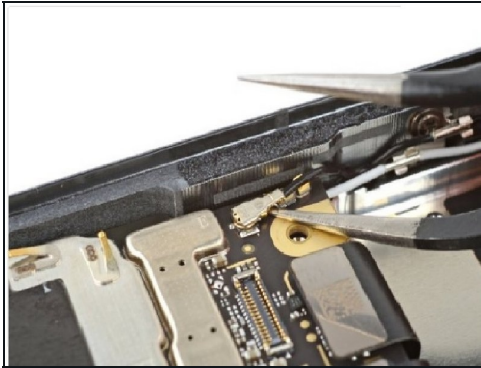
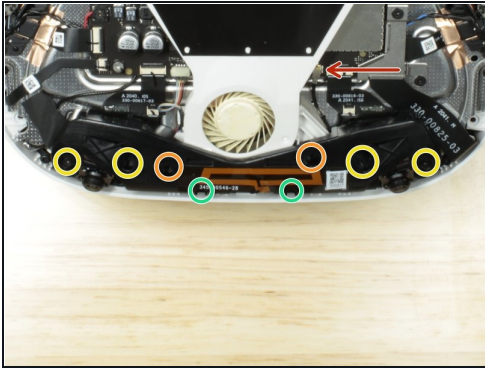
- Unplug the side WiFi antenna. See [step 5 of the RDCC guide](#). To disconnect the cable, slide a thin, ESD-safe pry tool or tweezers under the metal neck of the connector and lift straight up from the board.
- Remove the single P0 screw
- Remove the two P0 screws

Step 7



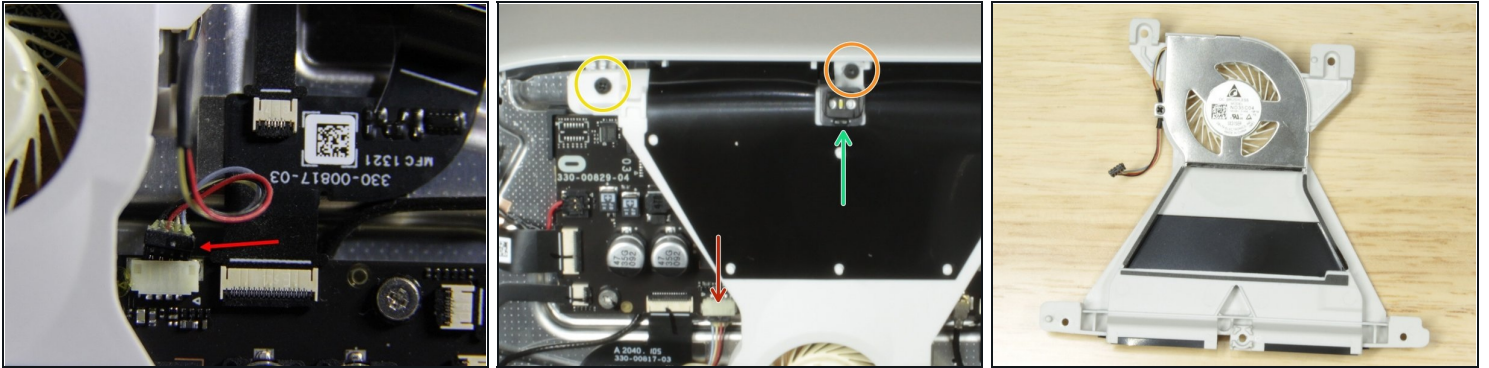
- Unplug the battery. See [Step 4 of the RDCC Guide](#). Use the spudger to pry the connector straight up.
- Remember to put part of the battery ribbon cable under the logic board when reassembling.

Step 8 — Remove the Bluetooth antenna



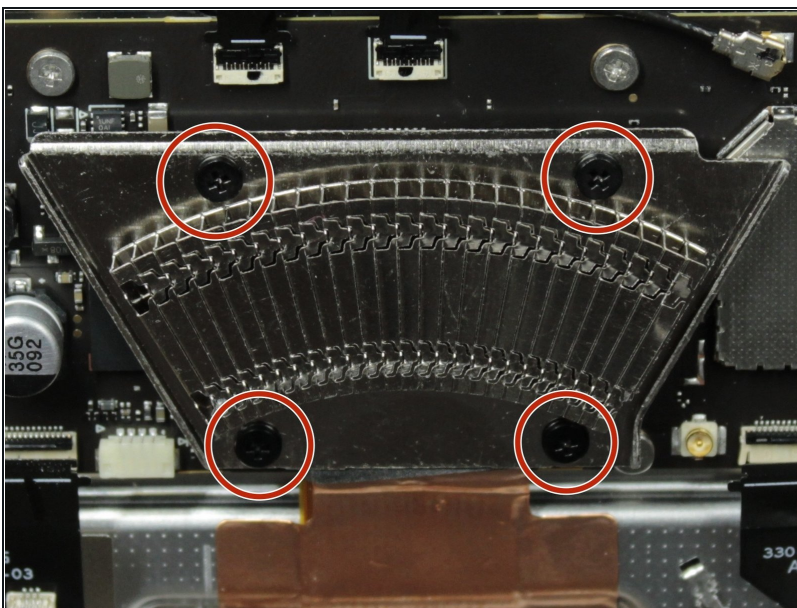
- Remove 2x P0 screws
- Remove 4x P0 screws
- Remove 2x P0 screws—these are longer than the other screws.
- The arrow points to the Bluetooth antenna. To disconnect see step 5 of the Guide. Go to picture 2. To disconnect the cable, slide a thin, ESD-safe pry tool or tweezers under the metal neck of the connector and lift straight up from the board.
- Picture 3. Remove the antenna from the headset.

Step 9 — Remove the cooling fan



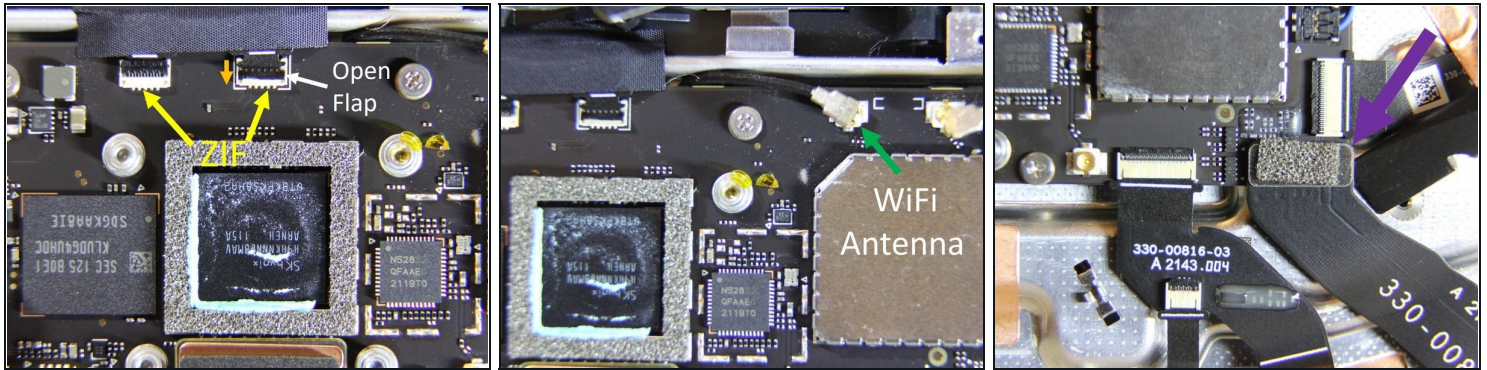
- Unplug the fan.
- 1x T2 screw
- 1x P0 screw
- Lift the front LED away from the headset.
- Lift the fan away from the headset.

Step 10 — Remove the heatsink



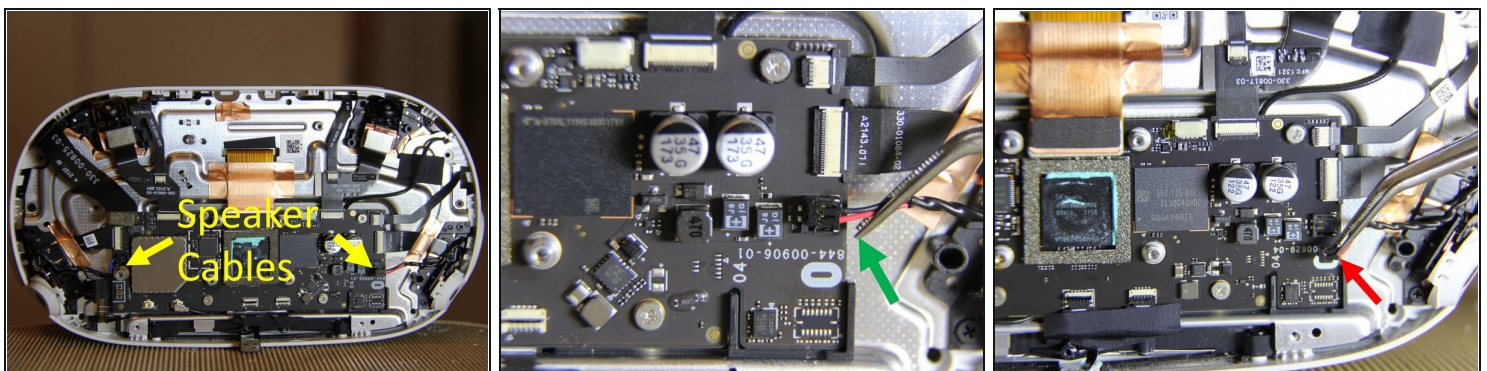
- 4x P0 screws
- Remove the heatsink.

Step 11 — Disconnect ZIF, WiFi and USB cables



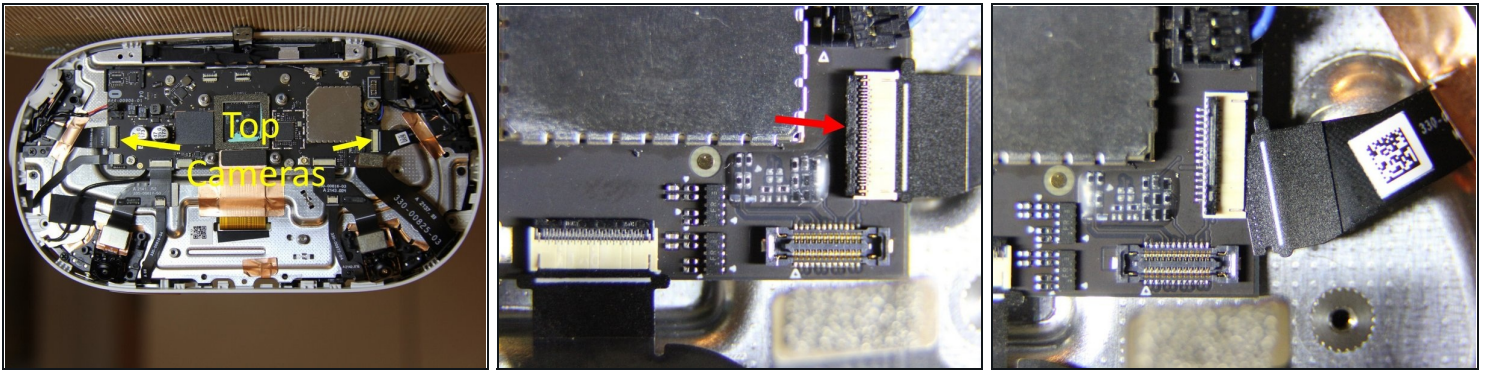
- There are 2 ZIF connectors near the top of the mainboard. The ZIF flap on the right has been opened. The ZIF flap is opened by pushing down in the direction of the orange arrow.
- Unlatch both ZIF connectors and disconnect the cables. These cables lead to the front LED and IPD sensor, and proximity sensor.
- Unplug the side WiFi antenna connector. See [step 5 of the RDCC guide](#). To disconnect the cable, slide a thin, ESD-safe pry tool or tweezers under the metal neck of the connector and lift straight up from the board.
- Unplug the cable leading to the USB Type-C port and headphone jack. See Step 4 of the RDCC Guide. Use the spudger to pry the press connector straight up.

Step 12 — Disconnect Speakers from Main Board



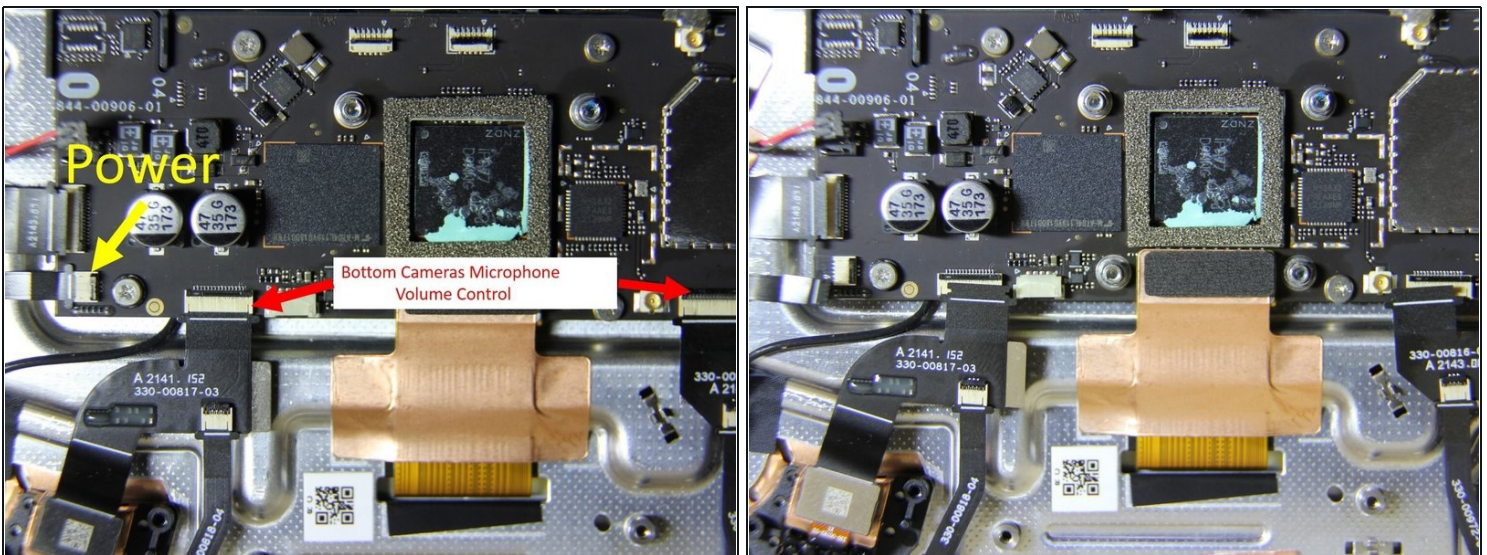
- Two sets of speaker cables are connected to the main board.
- Grab the wires and pull out to disconnect the speaker cables.

Step 13 — Disconnect Top Cameras



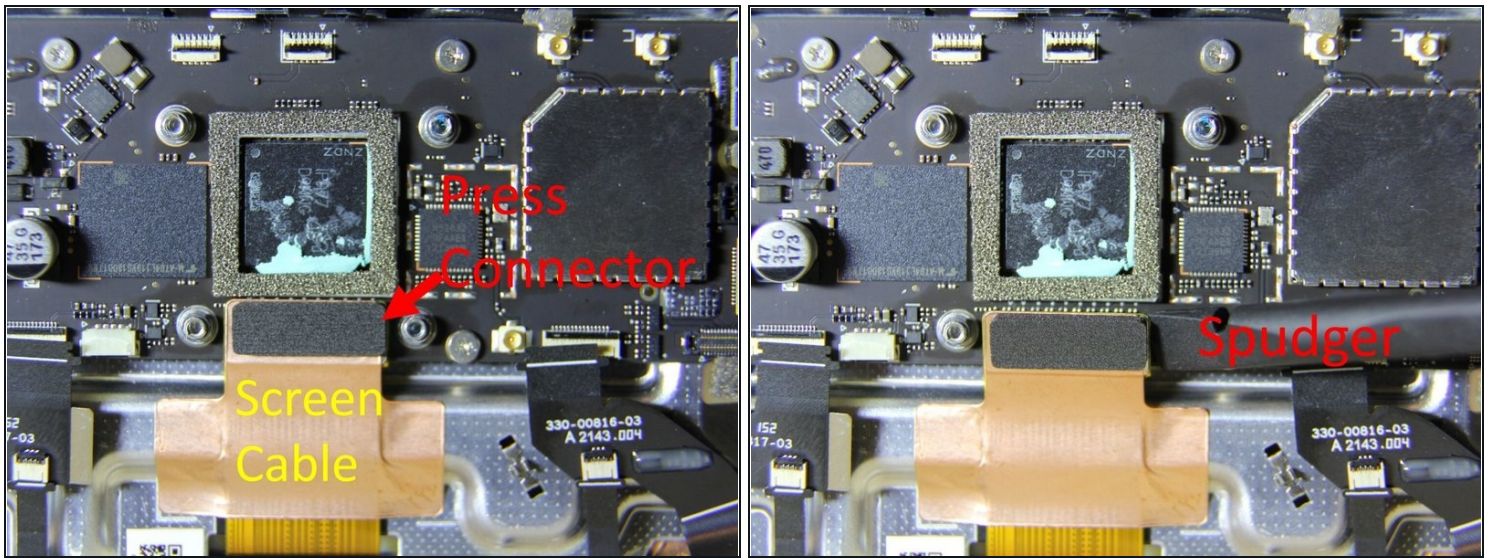
- Disconnect the ZIF connectors for the top cameras
 - The ZIF connector is shown in the second picture. A spudger should be used to push up the locking flap as shown by the red arrow.
 - When the flap is open the ribbon cable may be pulled from the connector.
- ⓘ Remember to do both camera ZIF connectors.

Step 14 — Disconnect Bottom Cameras & Power



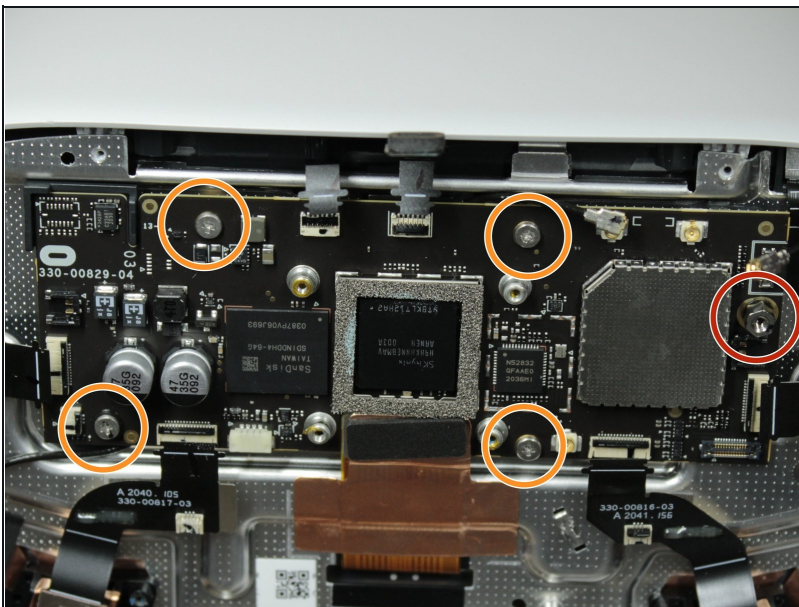
- Open the flaps on the 3 ZIF connectors and detach the ribbon cables.

Step 15 — Disconnect the Screen Cable



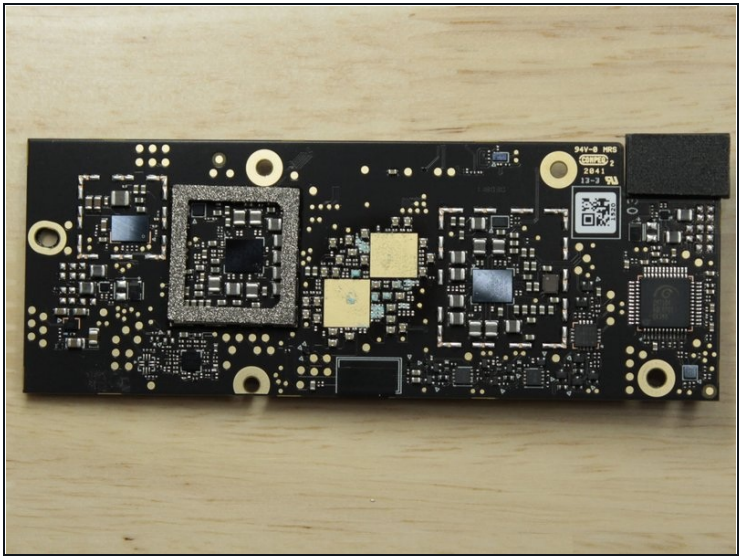
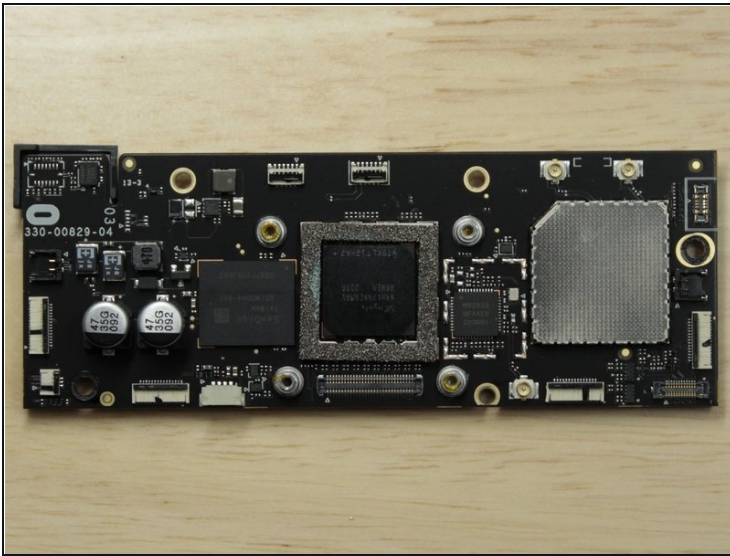
- The screen cable is attached with a press connector.
- Use the spudger to pry the press connector straight up. See Step 4 of the RDCC Guide.


Step 16 — Remove the mainboard



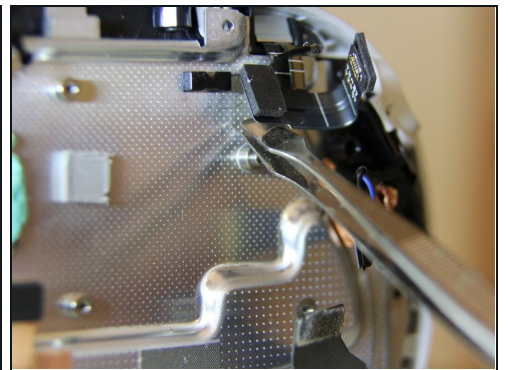
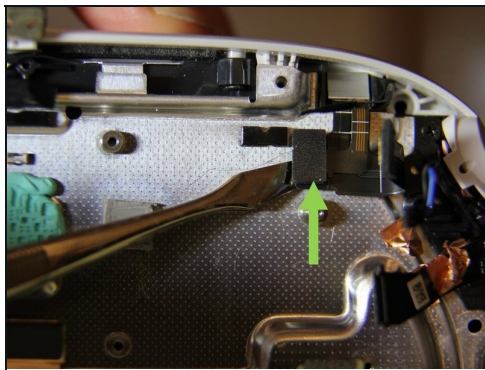
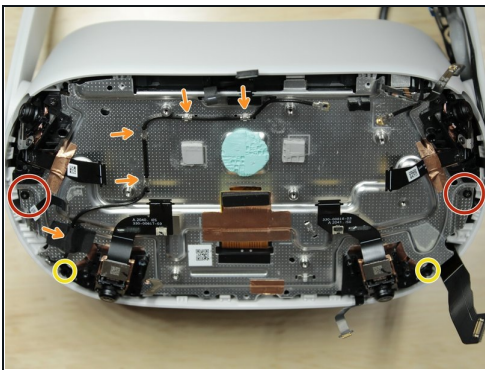
- 1x 3.5mm hex screw
- 4x P0 screws
- Remove the mainboard.

Step 17 — Mainboard



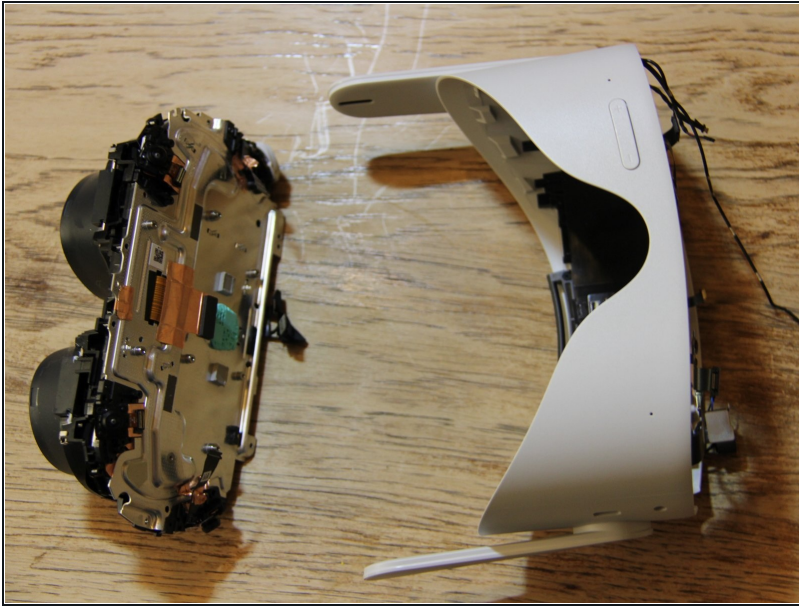
 Close up on the mainboard.

Step 18 — Disconnect the Power to the Midframe



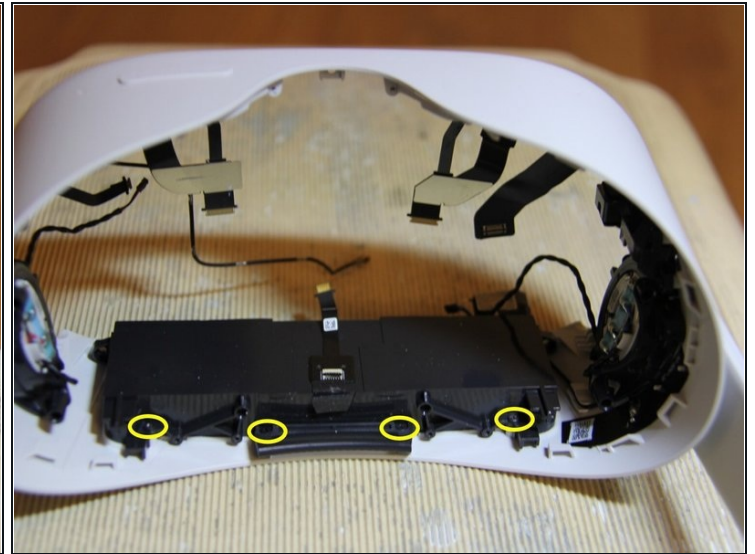
- 2x P0 screws
- 2x P0 screws
- Unroute the side WiFi antenna.
- The battery power comes to the midframe through this cable. The cable has a metal pad on the bottom and is attached to the midframe with glue. This pad must be detached to allow the midframe to be removed.

Step 19 — Remove the Midframe



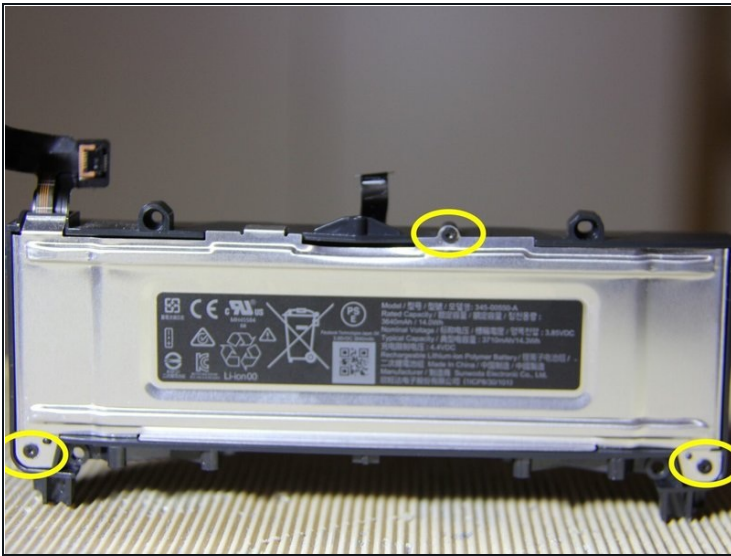
- The midframe is removed giving access to the battery.

Step 20 — Battery Removal



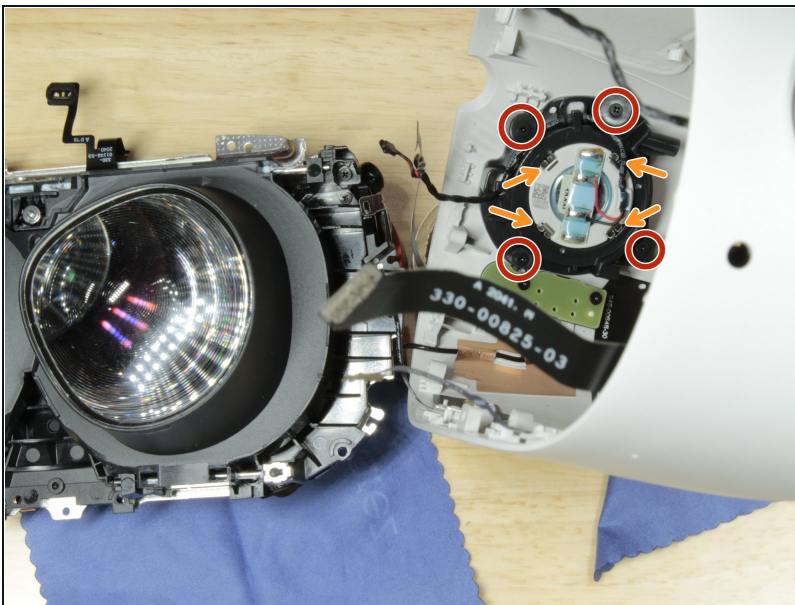
- 2 x P0 hold the battery to the front of the case.
- 4 x P0 hold the battery to the back of the case.

Step 21 — Battery Case



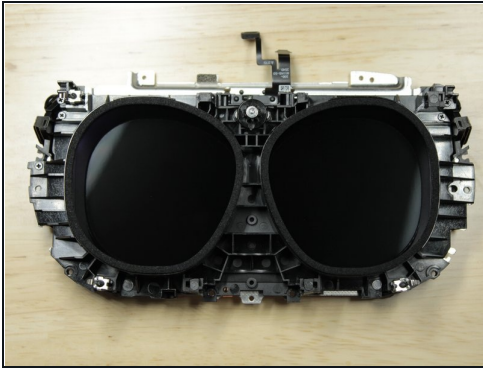
- 3 x T2 screws hold the cover on the battery case.
 - After the cover is removed.
- ① The Quest 2 has a battery life of 2.5 hours, drawing an average of 5.6W.

Step 22 — 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 23 — Lens assembly



- Small metal tabs hold the guide rails that the lenses slide on. Removing the rails reveals the display.
 - ① There is a protective sheet of plastic over the screen. Be careful of dust and scratches.
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