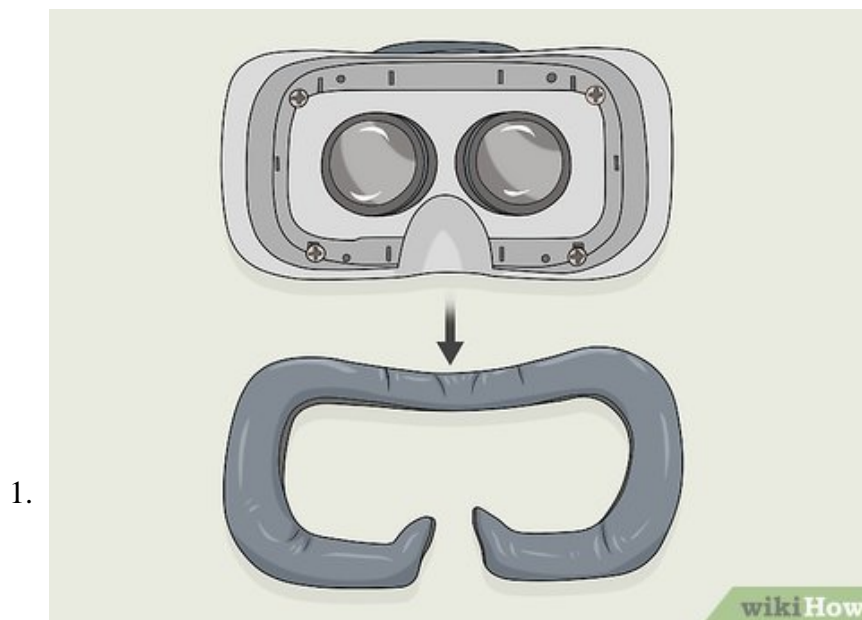


How to Clean Vive Foam

Vive foam is the foam insert in a Vive VR headset that acts as a cushion, making the headset more comfortable to wear around your face. Foam is pretty absorbent, and since it's common to sweat when you're wearing the headset, cleaning the...

Wiping Down the Foam



Remove the foam from the headset carefully. The easiest way to clean the Vive foam is to remove it completely from your headset. Pull the edges of the foam gently to separate it from the headset, being careful to go slowly so you don't damage it.^[1]

1. The foam is meant to be taken off so it will come off easily.
2. **Use a damp cloth to wipe the foam for a detailed cleaning.** Choose a soft, clean cloth and dampen it with cool water. Wipe the foam down gently with the cloth, starting at one side and moving your way to the other. Pay special attention to areas of the foam that are the dirtiest.^[2]
 1. Squeeze the cloth to get out any excess water, if needed.
 2. Avoid adding any soap or chemicals to the cloth because these can damage the foam.
3. **Wipe the foam with an antibacterial wipe for a quick cleaning.** Purchase special wipes designed for VR headsets or opt for a regular antibacterial wipe that's free of alcohol or other chemicals. Wipe down the foam with the wipe using circular motions, and throw the wipe away when you're done using it.^[3]
 1. Go slowly as you wipe so you're sure to clean every part of the foam.
4. **Let the foam sit at room temperature until it's completely dry.** It's very important that the foam dry completely before you use it again, otherwise bacteria could grow in the moist environment. Lay the foam

out at room temperature for several hours and do a touch test to see if it's totally dry.^[4]

1. Avoid putting the foam in the dryer or exposing it to sunlight because this can cause damage.
5. **Reattach the foam once it's completely dry.** The back of the foam will likely have a marking showing you where and how to reattach it to your headset. Line up the markings and press the foam back into place so you can start using the headset again.^[5]

Preventing Foam from Getting Dirty



Clean your foam regularly to get rid of dirt and bacteria. The longer you use your headset between cleanings, the more dirt and sweat is going to accumulate in the foam. Wipe down your foam every few times you use your headset to keep it as clean as possible.^[6]

1. If you use headset covers, it's not necessary to wipe the foam down as frequently.
2. If you only use your headset for 30 minutes or less at a time, you don't need to clean it as often either.
2. **Buy a headset cover to go over the foam.** This is the best way to not only easily clean your headset, but prevent it from getting dirty in the first place. Look online for a headset cover, or what Vive typically calls 'foam liners.' These are covers that go over the parts of your headset that tend to get sweaty.^[7]
 1. There are lots of headset cover options available online, but make sure you specify it's for the Vive headset so you get the correct one.
 2. If you use your headset frequently, you might consider getting more than one cover so you can change them out whenever you need to.
3. **Wash the headset cover every few uses so it's clean.** Headset covers are made to be washable and easy to take on and off. If you've used a headset cover to keep your foam clean and the liner has been soaking up sweat and dirt, it's time to wash it. Let the headset cover dry completely after it's cleaned before you slide it back on over your foam.^[8]
 1. If you sweat a lot when using your headset, you'll want to wash the cover more frequently than if you rarely sweat.

4. **Wear a sweatband as an extra layer between your skin and the foam.** If you sweat a lot when you're using your VR headset, it's a good idea to wear a sweatband around your hair and forehead. This will help soak up any dirt or sweat before it can reach the foam in your headset.^[9]
 1. Wash the sweatband when it gets dirty to keep your skin from breaking out or getting irritated.



Purchase a foam replacement if it becomes super dirty. At some point your foam may just be too old and dirty to clean properly. Luckily, Vive makes it easy to purchase a new foam piece that isn't too expensive. Visit the Vive website to look for a foam replacement, if necessary.^[10]

1. If your foam piece gets sweaty a bunch of times, it may start to harden or feel uncomfortable, which are signs it's time to buy a new one.

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