



Sony MDR-XB450AP Extra Bass Headphones Cushion Replacement

This guide is to show how to replace the cushion component on the Sony Extra Bass headphones.

Written By: Terrance Gallaher



INTRODUCTION

This is a guide to show you how to replace the cushions on the Sony MDR-XB450AP headphones. Replace these if you are experiencing discomfort and/or if there is visible wear and tear to the cushions themselves.

TOOLS:

- [iFixit Opening Tools](#) (1)

Step 1 — Cushion



- Begin by laying the headphones down flat on a surface.
- Make sure that the headphone speakers are facing upward.
- ⚠ Be sure to check that the headphones are not plugged into any devices.

Step 2



- Using the plastic opening tools, gently pry the speaker from the headphone's base.
- ⚠ There will be some tearing involved, but this is necessary to remove the original cushion.
- ☑ The cushion is bonded to the headphones with a circular adhesive strip. If you plan on reusing the cushion, try to keep the adhesive attached to the cushion during removal. This way the cushion can be easily re-attached to the headphones after repair.

To reassemble your device, follow these instructions in reverse order.