Remove the seat from the base plate and remove all four of the (4) 13mm self-locking nuts
Lift the circular center plate upward. You will need to rotate the circular center plate to get the release lever out from the hole.
Lift the lower base plate off revealing the (4) original lower nylon guides.
These bits come out very easily. Either lift with your fingers or a small screwdriver.
Old and New
Old and New
Old and New
After cleaning the area, insert your new lower guides into the four holes
After removing the old upper guides with a screwdriver (not shown), insert your new guides into the holes making sure that the curvature of the guide is in the same orientation as the curvature of the plate. These can be a tight squeeze, so a tiny bit of liquid soap can help drive them home.
Place the lower base plate down on top of the lower guides and reinstall the circular upper plate making sure to feed the release lever into the hole first. Reinstall the (4) 13mm self-locking nuts. Tighten these nuts equally until you find the correct balance between tightness and ease of rotation.

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