

RAISED TOILET SEAT

Purpose

Raised toilet seats raise the height of the home toilet. By raising the height, users have less distance to travel when getting up or down from the seat. Raised toilet seats provide an increased level of safety and independence for the user. Seats that have attached arm supports are not designed to support the full weight of the users, they are support devices only. If you have not seen a therapist or physician in regards to your mobility limitations, we recommend that you do so.

Types

Raised toilet seats come in many different brands, shapes, sizes, and methods of attachment. Most differ in their method of attachment. There are inexpensive raised toilet seats that do not clamp on to the toilet and simply sit on top of the toilet seat. This inexpensive model requires extra diligence in use. Other raised toilet seats have clamps that attach to the underside of the toilet bowl. They are meant to be semi-permanent additions to the toilet. The most recommended model of raised toilet seat clamps on to the toilet and has arm supports to assist the user in getting on and off the toilet. There are special versions that are padded or have special cutouts that can be special ordered. Raised toilet seats fit most brands of toilets but may not work with every brand. Make sure you read and understand all manufacturers' operating instructions.

All raised toilet seats have a maximum weight limit that they can support. It is important to understand the limits and capacities of your raised toilet seat:

Weight of user (stated by user) is _____ pounds.
Maximum weight capacity of raised toilet seat is _____ pounds.

Use

Raised toilet seats need to be installed as the manufacturer requires. Your medical equipment provider will instruct you on how your raised toilet seat needs to be installed; do not use tools to install a raised toilet seat, they are meant to be hand-tightened only. When utilizing the raised toilet seat the user should exercise care, discretion, and common sense. Always adjust your sitting position so that you sit down on the middle of the raised toilet seat. Adjusting your body positioning once on the unit or before standing can cause the unit to flip forward resulting in a fall.

If the user needs to adjust positioning or slide transfer on and off the raised toilet seat, it is essential that arm supports or toilet safety rails be attached. All models install differently and the manufacturer installation procedures must be followed exactly. It is also recommended that the security of the clamps be checked at least weekly. If any questions arise during installation please call the store where you purchased the unit.

If you purchased a raised toilet seat without arm supports, toilet safety rails can be purchased and installed to provide added support when getting on and off the toilet.

Safety

The safe use of a raised toilet seat requires it to be used as instructed, which includes the following safety precautions:

- Always check the security of the raised toilet seat before each use.
- Ensure that arm support adjustments are adjusted evenly and all snap buttons protrude through the adjusting holes.
- Never leave a disoriented or physically challenged individual unattended.
- Never put your full weight on the arm supports.

In order to ensure care provider and operator safety, make sure you follow these safety guidelines:

- Use nightlights to increase vision around areas of use.
- Wipe up any water or slippery floor spills.
- Remove tripping hazards (loose floorboards, uneven floors, throw rugs, extension cords, clutter, etc.)
- Install grab bars, use bath mats with suction cups, and use toilet safety rails to prevent falls.
- Do not use a raised toilet seat when taking any medications that may cause dizziness, drowsiness, and/or unsteadiness.

Maintenance

To keep the raised toilet seat clean, use a non-abrasive detergent or cleanser with warm water. Make sure it is rinsed completely and is thoroughly dry before reusing. Do not use an abrasive cleansing agent or water spot remover to clean your raised toilet seat; these solutions usually contain alkaline chemicals that can cause burning of the skin and are very difficult to remove. In addition, these products usually are very slippery when wet and can increase the likelihood of a fall. If you are using a raised toilet seat with arm supports or toilet safety rails, make sure the handgrips are secure and not damaged. The handgrips are very important and you should inspect them for movement and slippage on a regular basis.