



RAISED TOILET SEATS

Raised toilet seats are helpful to those who have difficulty getting up and down from the regular home toilet. These devices provide a great deal of safety and independence for the user. A wide choice of features are available on different models and the appropriate selection of features will depend upon your particular needs.

All better-quality raised toilet seats have at least two common features:

1. Some type of clips or brackets are present to help stabilize the seat on the toilet rim. If even greater stability is required, there are also models with locking brackets that clamp securely to the rim of the toilet.
2. Splash guards are provided on the underside of the seat.

On all models, it is wise to exercise care, discretion and common sense when sitting down or rising from the seat. If at all possible, sit down on the seat centered over the opening rather than sitting on the front edge and sliding back over the opening. Do not slide forward to position yourself on the front edge of the seat to stand. These maneuvers can cause the seat to flip forward and could result in a fall. If it is not possible for you to avoid these maneuvers, it is absolutely essential that your raised toilet seat be equipped with rear locking brackets and that these brackets be tightened securely at all times. If it is necessary for you to do lateral or sliding transfers to and from the seat, you should select a model with locking brackets, front and rear.

If you will be sitting for long periods, you may need a padded seat. If you have impaired sensation or skin pressure problems, you will need a heavily padded model.

If you need to be able to easily reach the perineal area for insertion of a suppository, digital stimulation, or just for personal cleaning, select a model that provides open access in whichever direction is best for you.

If you have hip or knee problems, select a model that permits you to adjust the front of the seat lower than the rear to avoid unnecessary flexion (bending) of the impaired joints. This angled seat will also make it easier to push up off the toilet.

Finally, you should **seriously** consider the use of toilet safety rails in conjunction with the raised toilet seat. The two products complement each other and greatly enhance safety and independence over the use of either product alone.

INSTALLATION:

Read and follow carefully the manufacturer's installation instructions provided with your particular Raised Toilet Seat. If questions arise during installation, please call our office.

Since all bathroom toilets are not uniform in shape and size, it may be necessary to equip your seat with optional oversized clips or locking brackets to achieve a safe installation.