



## Toilet Seat Riser: Comfort & Support During Recovery

**Medical disclaimer (please read):** This guide is for general educational purposes only and is not medical advice. Your surgeon, physical therapist, or clinician can tell you what equipment is appropriate for your specific procedure, precautions, and recovery plan.

A toilet seat riser increases the height of your toilet seat, which can make it easier to sit down and stand up—especially if you're trying to limit deep bending, squatting, or putting extra strain on your lower body during recovery.

### When a toilet seat riser is commonly used

People often consider a riser when their care team has advised avoiding low bending or deep squats during healing, including recovery after:

- Hip replacement or other hip procedures
- Knee replacement or other knee procedures
- Back/spine procedures (e.g., laminectomy, discectomy, spinal fusion)
- Pelvic surgery or fractures
- Lower-limb surgery or fractures (ankle, foot, femur)
- Abdominal surgery (e.g., hernia repair, C-section, cosmetic abdominal procedures)
- Bariatric/weight-loss surgery
- Any recovery plan where low bending/squatting is discouraged

### Potential benefits (for many users)

A toilet seat riser may help you:

- Reduce how far your hips and knees need to bend
- Make sitting and standing feel more manageable
- Improve stability during transfers (especially with handle-equipped models)
- Support independence with a daily task
- Feel more confident using the bathroom during recovery

## How it can support safer movement

Depending on the model, a riser may:

- Raise the toilet height to reduce joint strain during sit-to-stand
- Include handles to provide a steadier grip
- Help you follow the movement precautions your clinician gave you (such as limiting certain bending positions)

## Safety note (important)

**Safety disclaimer:** Use only as directed by the manufacturer. Confirm proper fit, secure installation, and weight capacity before each use. Stop using the product if it feels unstable, causes pain, or doesn't fit your toilet securely—and contact a clinician if you're unsure what's safe for you.

## Quick setup + safety checklist

- Check compatibility: Make sure the riser matches your toilet shape (round vs. elongated) and mounting style.
- Verify weight capacity: Choose a model rated for the user's weight and needs.
- Stability first: Install tightly so it does not wobble.
- Handles help (for some): If your balance is limited, a model with handles may feel steadier.
- Reduce slip risk: Keep the floor dry; consider a non-slip mat near (not under) the toilet if it stays flat and doesn't create a trip edge.
- Use a slow, controlled transfer: Sit and stand with deliberate movement—especially if you're taking medications that affect balance.

 **Helpful Tip:** Before the first use (and periodically after), press down on the riser and gently shift your weight side-to-side to confirm it's firmly secured. If it moves, re-install per manufacturer instructions or switch to a better-fitting model.

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