



## Edema daily notes

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Pitting edema is usually detected by the presence of pitting after pressure is applied to the edematous area by your fingers.

### I. Daily Care instruction:

- i. For long term bed-bound patients, please every 2 hours to help turn over once, and keep the sheets flat, to avoid pressure to form pressure sores.
- ii. Do not stand or keep specific posture for a long time, appropriate activities to facilitate circulation.
- iii. When bed, please raise your feet above the heart to promote blood circulation.
- iv. Avoid high-salt diet, try Bound band to eat less canned or pickled foods.
- v. Please choose loose fitting and soft clothes made of absorbent and ventilated material and avoid frictions.
- vi. If physical restriction is indicated, caution should be exercised for the tightness and avoid impairment of peripheral circulation
- vii. Please measure body weight in the same time every day, (ideally before breakfast) to precisely record the edematous condition
- viii. Watch for daily urine output and record patient's intake and output. Doctor may adjust medication according to the result.
- ix. Daily view of the integrity of the skin and keep the skin clean, red, swollen, hot, pain and damage should be avoid using heat and massage, Keep informed medical personnel at any time to do proper treatment; If dry, peeling case, apply baby oil and lotion.
- x. Daily view of the integrity of the skin and keep the skin clean, If dry, peeling case, apply baby oil and lotion
- xi. When the skin is red, swollen, hot, painful, or damaged, heat and massage should be avoided, and the medical staff should be notified at any time for appropriate treatment.
- xii. Please keep your feet clean, wash with neutral soap and warm water, then dry with a soft towel, and choose comfortable and loose footwear.
- xiii. Please return to the hospital for further evaluation after discharge as physician's instruction.

If you have any question or suggestion, please contact with us. We are happy to provide you services to you. Contact telephone number: MacKay Memorial Hospital: (02)25713760; Hsinchu MacKay Memorial Hospital: (03)5745098; Taitung MacKay Memorial Hospital: (089)310150 ext: 311. Time of consultant: 9:00 am~12:00 noon, 2:00 pm~5:00 pm Monday ~ Friday.

**May God Bless You**