ST. FRANCIS 24/7 CALL CENTER: (321) 269-4240

St. Francis REFLECTIONS® Hospice
Established 1977 • Licensed 1990

Edema (Swelling)

Edema is the accumulation of fluids in tissues, often caused by heart failure, kidney disease, liver problems, or reduced mobility.

Common signs and symptoms to monitor for:

- Swelling, particularly in the legs, ankles and feet
- Appearance of "shiny", "tight" skin
- Indentions left after pressing on the skin

Tips for Edema Management:

- Elevate swollen limbs to help reduce fluid accumulation.
- Encourage movement and light exercise to promote circulation.
- Monitor salt intake as high sodium can contribute to fluid retention.
- Use prescribed medications, such as diuretics, to help reduce swelling.

Record and Report to St. Francis:

- **Please report immediately if swelling is severe or suddenly worsens, if it spreads to other parts of the body (such as the abdomen), or if it is accompanied by difficulty breathing.**
- Report any pain, tenderness or warmth
- Factors that worsen/improve swelling
- Any areas of skin breakdown

St. Francis Reflections is always available to assist with any questions or concerns 24/7

321-269-4240