

# Managing fluid and edema

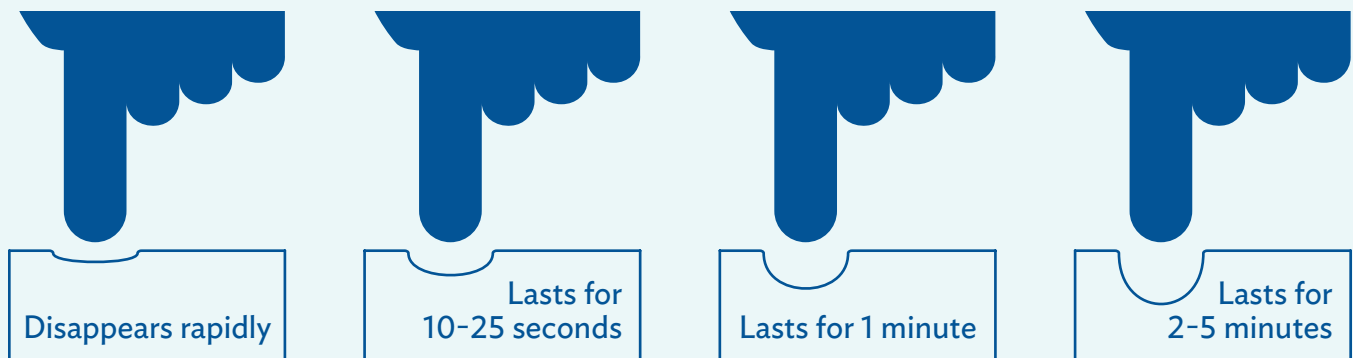
Dialysis helps you feel your best by removing excess fluid from your blood. Swelling or puffiness in your ankles, hands, face or under your eyes is a sign of edema, which is caused by extra fluid.

## Tips for checking for edema at home

It's important to check for edema between your treatments:

- /// Firmly press a bony area of a lower limb with your finger for about five seconds.
- /// Check the length of time your finger imprint is visible and the depth of the imprint.
- /// Compare your results with the scale below and talk to your nurse.

### Edema grading scale



## Tips for managing your fluids

Try these tips to avoid swelling and reduce fluid gains:

- /// Shake off the salt and cook with herbs and spices for flavor.
- /// Check food labels and choose foods with a % Daily Value of less than 10% for sodium.
- /// Eat fresh and cut back on prepackaged or frozen meals.
- /// Some foods count as fluids too—monitor your fluid intake from all sources.



### ARE YOU SEEING SIGNS OF EDEMA?

Talk to your care team and visit [FreseniusKidneyCare.com](https://www.freseniuskidneycare.com) to learn more about fluid management.