

Pitting Edema Scale

Level	Options	Score
Pit depth and rebound	1+: About 2 mm pit, rebounds immediately	1+
	2+: 3-4 mm pit, rebounds in under 15 seconds	2+
	3+: 5-6 mm pit, rebounds in 15-60 seconds	3+
	4+: About 8 mm pit, rebound takes 2-3 minutes	4+

Interpretation

1+	1+ Trace. Slight pitting that disappears at once. Document the site and extent and compare at the next assessment.
2+	2+ Mild. Mild pitting edema. Check weight, intake and output, and lung sounds, and report a new or increasing finding.
3+	3+ Moderate. Moderate, deeper pitting. Notify the provider if new or worse, assess for fluid overload, and protect the skin.
4+	4+ Severe. Severe pitting that lasts minutes. Report promptly, assess breathing and perfusion, and protect fragile skin from breakdown.

Total score: _____ Date: _____ Assessed by: _____

Traditional bedside grading used in physical examination texts; no single original author. Sources: Cleveland Clinic: Pitting Edema, Causes and Grading; EBM Consult: Pitting Edema Assessment.
Free calculator and full guide: nursingscales.com/pitting-edema-scale/ · Educational material; does not replace clinical judgment or facility protocols.