Viererintegral durch Residuensatz Sei $m, \epsilon > 0$ beliebig:

$$\int_{\mathcal{M}} \frac{\not p + m}{2m^2} f(p) i_p(\mathrm{d}^4 p) = m^2 \int_{\mathbb{R}^3} \frac{\not p + m}{2m^2} f(p) \frac{\mathrm{d}^3 p}{p^0} \Big|_{p^0 = \sqrt{\vec{p}^2 + m^2}} + m^2 \int_{\mathbb{R}^3} \frac{\not p + m}{2m^2} f(p) \frac{\mathrm{d}^3 p}{p^0} \Big|_{p^0 = -\sqrt{\vec{p}^2 + m^2}} \\
= \frac{2}{2\pi i} m^2 \left(\oint_{\left| p^0 - \sqrt{\vec{p}^2 + m^2} \right| = \epsilon} \mathrm{d} p^0 + \oint_{\left| p^0 + \sqrt{\vec{p}^2 + m^2} \right| = \epsilon} \mathrm{d} p^0 \right) \int_{\mathbb{R}^3} \frac{\not p + m}{2m^2} f(p) \frac{\mathrm{d}^3 p}{(p^0 + \sqrt{\vec{p}^2 + m^2})(p^0 - \sqrt{\vec{p}^2 + m^2})} \\
\text{Umformen der Integralkontur} \frac{2m^2}{2\pi i} \left(\int_{\mathbb{R}^{-i\epsilon}} \mathrm{d} p^0 - \int_{\mathbb{R}^{+i\epsilon}} \mathrm{d} p^0 \right) \int_{\mathbb{R}^3} \frac{\not p + m}{2m^2} f(p) \frac{\mathrm{d}^3 p}{p^2 - m^2} \\
= \frac{1}{2\pi i} \left(\int_{\mathbb{R}^4 - i\epsilon e_0} - \int_{\mathbb{R}^4 + i\epsilon e_0} \right) \frac{\not p + m}{p^2 - m^2} f(p) \mathrm{d}^4 p \\
= \frac{1}{2\pi i} \left(\int_{\mathbb{R}^4 - i\epsilon e_0} - \int_{\mathbb{R}^4 + i\epsilon e_0} \right) (\not p - m)^{-1} f(p) \mathrm{d}^4 p \tag{1}$$

also

$$\int_{\mathcal{M}} \frac{p + m}{2m^2} f(p) i_p(d^4 p) = \frac{1}{2\pi i} \left(\int_{\mathbb{R}^4 - i\epsilon e_0} - \int_{\mathbb{R}^4 + i\epsilon e_0} \right) (p - m)^{-1} f(p) d^4 p$$
 (2)