

Sputum much good? Instructions on how to expel sputum effectively

Sputum sputum is a common manifestation of respiratory disease. So should sputum not, spitting up much good? How is spitting properly?

Sputum sputum is a common manifestation of respiratory disease. However, this practice is also true in people who do not suffer from respiratory diseases. So **should sputum not** , spitting up much good? How to cough up sputum properly? Check out our article below!



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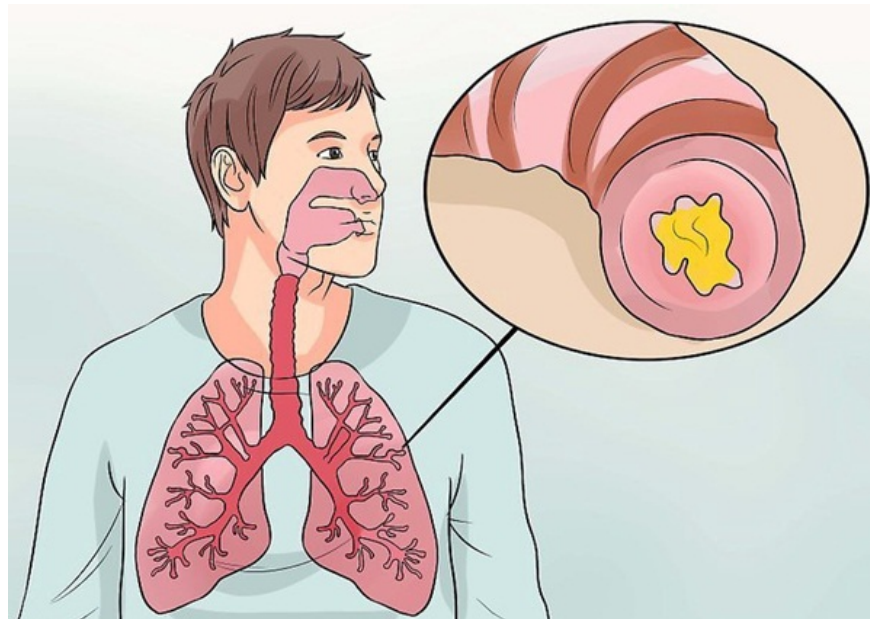
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Should sputum not?

Normally, everyone's throat contains a certain amount of sputum and mucus. However, this amount of sputum is generally quite small. Sputum expels mucus and mucus from the throat. However, sputum in normal people and

sputum in patients are two completely different problems.

In normal people, expectorant is made up of mostly mucus, which is composed primarily of water, salt and antibodies designed to hold and kill bacteria and microorganisms in the nose and throat. yours. This sputum doesn't necessarily need to be spit up, or it may spit if it's more than normal, or else you can swallow.



In patients, the amount of sputum will be higher, including thick and thick excess sputum, which contains bacteria that are harmful to the airways, to your nose and throat, or to pathological products that lie. in the airway under the glottis. Therefore, expectoration is essential to expel the phlegm from the body. However, if you accidentally swallow sputum or sputum spills down your throat, don't worry. Because when swallowing sputum, gastric acid and digestive system will partly eliminate phlegm and harmful substances in the sputum.

Sputum much good?

Can be understood simply, sputum is a natural reaction of the human body when the amount of sputum in the nose and throat increases. For patients, sputum is necessary and very good but you must cough properly, must obey a number of rules about the number of times and the frequency of expectorant sputum. This will be shared by us below.



However, if just because of habit and you are a healthy person, it is not advisable to cough up a lot of sputum. It will inadvertently cause you to lose a healthy amount of mucus, to your respiratory system. Not to mention spitting too many times will make your nasal passages dry up, which in turn can cause the nasal mucosa to hurt and lose the necessary moisture.

Thus, sputum is sometimes necessary but too much sputum is potentially dangerous for both the sick and healthy people. Need sputum properly and reasonably offline!

Instructions on how to expel sputum effectively

Step 1: First, you should close your mouth and breathe air into the nose to draw excess sputum down the throat. Do not breathe in too hard, as strong force may cause you to swallow phlegm.

Step 2: Bend the tongue into a U-shaped shape and bring the air and mucus, sputum forward using the back muscles of your throat.



Step 3: Once the sputum is in your mouth, spit it in the sink or in the toilet.

With just a few simple steps, you can easily cough up phlegm from your throat. For patients, this method can be applied 5-7 times per day depending on the degree of phlegm or the severity of the disease. And make sure you don't chew anything while spitting, otherwise you may suck the food down the trachea and be dangerous.

See also: [How to prevent a baby's sore throat when changing seasons](#)

Some notes when sputum effective

Find out what causes your sputum to increase. The first thing before using any sputum method is to find out what is the cause of your increased sputum secretion? Depending on the type of pathological cause, the severity of that disease may cause you to cough up sputum with a certain frequency and frequency.

Drink adequate water every day if you want to cough up sputum. The water will dilute sputum, causing it to clot or form long, tough sputum.



Add juice. Drinking more fruit juices also helps to replenish vitamins and mineral salts and also helps with phlegm.

Living in an environment that is not too hot and too cold. suitable temperature and humidity range from 27°C to 30°C and humidity, our country is quite good if the temperature is not too high or too low.

Exercise a lot every day. When you have a lot of phlegm, you should not lie too much, instead go back and exercise more. The time it takes to exercise 30 minutes or more per day (if walking) depends on each person, do not exert too much effort.

Use the right medication prescribed by your doctor for appropriate treatment. If using more medicine, it is necessary to consult a doctor.

Use physical exercises to support long sputum. Physical therapy activities such as patting the back, patting the chest, shaking with your hands, taking deep breaths, actively coughing, etc. also help the phlegm to slip out of the airway easily and spit out easily.



Use a phlegm suction machine. Nasopharyngeal suction machine is a very effective tool to remove sputum, especially for children who are unable to cough up sputum on their own. The machine uses a specialized pump and suction mechanism to gently remove the amount of sputum and bacteria that obstruct the airway, bring ventilation to the nose and throat, help eliminate phlegm, and expel phlegm quickly and effectively.

Lastly, we recommend that you civilize sputum. Give yourself the habit of spitting sputum in the right place, in the right place. Spitting up sputum in public places not only looks beautiful but also has a high risk of infection, especially in places with many children.

Hopefully, after this article, you have the answer to the question of whether or not to spit as well as how to spit properly, effectively and civilized, bringing real benefits. .

Wish you can spit properly and have a good health!

Further references: 5+ best nasal aspirators for babies and children

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