

# What to do when having a fishbone bump

Fish bones are very common accident when eating carelessly. Not only does it cause discomfort, it also affects your esophagus.

Fish is a precious protein source with full of essential amino acids for the body, in which the content of lysine, tirozin, tryptophan, systin, methionine is higher than meat. Protein of fresh fish is easy to digest, easier to absorb than meat. Therefore, this is a dish selected by many families, both nutritious and suitable for the economic conditions of most families. However, a problem also makes many people, especially the elderly and children afraid to eat it, is a fish bone.

Usually we will be very careful when eating, removing fish bones from the meat, but fish is a lot of bone, especially bones and "hide" in the fish that we do not notice.

Having fish bones not only causes discomfort but also affects the esophagus so the following article of Network Administrator will share with you some ways to treat fish bones effectively and extremely simple.

## 1. Swallow rice



This is probably the most common way for us to get fishbone. However, this way is only suitable for those who have small fish bones, and absolutely should not apply to cases of having too large fish bones when the bone has been already, but the more we try to swallow the food Fish bones will be more deeply stabbed into the throat, hurting the throat and can cause choking.

## 2. Push the belly



If you accidentally get a piece of fishbone, but it slips into your throat, that means you only get a small piece of fish bone. However, if a piece of fishbone that is stuck in the throat, it means that the size of the fish bone is very large.

In this case, the best way is to use the first aid method to push the victim's abdomen to apply pressure to push the fish bone out. In this way, ask a person to stand or sit right behind you, put your arms around your waist, hold one hand firmly and place it on your abdomen (epigastric region), the other hand on the other hand. Push and pull the belly inside and up to 5 times.

This first aid is similar to first aid for people who have heterozygous effects when food is blocked.

### **3. Flap your back**

Besides the first aid, you can also apply another way to pat your back. If you accidentally get a bone in your throat, ask someone to pat your back. Use the heel of your hand to pat your back several times in the area between your shoulders. With this method also helps you get rid of fish bones.

### **4. Swallow orange or lemon peel**



This is a tip that is also considered effective for people who often suffer from fish bones. When you have a fish bone, you should immediately look for an orange peel to take a bite to hold or a piece of lemon, so take all the seeds and keep it in your mouth for 3-5 minutes, then swallow it, then the fish bones will softened and dissolved with saliva.

## **5. Pouring tablets of effervescence**



Vitamin C works like orange peel. Therefore, without orange peel you can replace with a vitamin C tablet to suck.

After a few minutes will "destroy" the fishbone. In addition, vitamin C has a very good analgesic and anti-inflammatory effect for the esophageal region that is damaged by fish bones.

## 6. Banana



Eating bananas is also extremely effective for cases of osteoporosis. You just need to bite a piece of banana and absolutely do not chew, suck in your mouth for about 2 minutes for saliva and banana to penetrate evenly, then you slowly swallow the banana. After swallowing, you should drink some water to remove fish bones from your throat easily.

## 7. Bread



You should take a bit of bread, take a bite and hold it in your mouth for 2 minutes. Then swallow without chewing and drinking water. This is also a very effective way of handling fish bones.

**Note should not be done when having fishbone:**

1. Once you have a fish bone attack, you should stop all eating activities because it may cause an object that is in danger of piercing into your throat.
2. Calm to solve the problem.
3. Absolutely do not use your hand to throat throat to get bones. Because this action is very dangerous. You may not be able to get the bone out but push it deeper. At the same time, this can cause damage to the esophagus, scratches, tears, and even perforation of the esophagus.
4. Absolutely do not drink water or eat rice into pieces to expect bone to follow rice or water inside. Doing so increases the risk of death if the large fish bone penetrates the blood vessels.
5. Absolutely not spitting much to increase the uncomfortable burning sensation and affect your esophagus.
6. If all of these measures do not work and your fishbone is still in your throat, see your doctor. Because if left for a long time, this object can cause an infection in the throat. In some cases, the patient must have surgery to remove the fishbone.

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