ReVIDA Recovery® Knoxville Offers Guide on How to Taper Off Suboxone

June 28, 2022

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ReVIDA Recovery® Knoxville, a company based in Knoxville, TN, has recently released a guide on how to taper off buprenorphine (Suboxone®). Suboxone® is a medication that is used to help relieve withdrawal symptoms from opioid drugs while also decreasing cravings for opioids. This particular drug is a partial opioid agonist that binds to opioid receptors but activates them less strongly compared to the full agonist opioids. Examples of full agonist opioids are heroin, methadone, hydrocodone, oxycodone, opium, and morphine. Tapering off Subuxone is important because it is also an opioid, although weaker, and may also cause addiction.

Buprenorphine, which is the opioid ingredient of Subuxone, may cause moderate withdrawal symptoms, such as nausea, headaches, muscle pains, hot and cold flashes, fatigue, physical and mental cravings, sweating, insomnia, and negative mood changes. Managing these withdrawal symptoms is important while tapering off Suboxone. This may require exercising regularly, keeping a healthy diet, taking regular warm baths or hot showers, staying hydrated, listening to music, keeping a journal, and going for mindful walks outside. It may also be a good idea to consult with one?s healthcare provider to check if over-the-counter drugs, such as Tums, Pepto-Bismol, acetaminophen, and vitamins, ginger ale, or other natural remedies, such as magnolia

root and lemon balm, may help in coping with the withdrawal symptoms.

Meanwhile, according to the Substance Abuse and Mental Health Services Administration, signs of opioid dependency include loss of control and craving. Some people have a higher risk of developing an opioid dependency as a result of their genes, personal situation, or temperament or personality. Fortunately, with opioid use disorder treatment, people may be able to change their unhealthy thinking patterns into more helpful and healthy thinking patterns. Treatment also helps the individual address certain life issues, such difficult situations at home or at work, feelings of low self-worth, or spending time with people who are using illegal drugs.

There are a number of typical signs of opioid addiction. These include: weight loss, changes in sleep habits, drowsiness, uncontrollable cravings, frequent flu-like symptoms, uncleanliness or lack of hygiene, reduced libido or sex drive, isolation or spending time away from friends or family, changes in exercise habits, new financial difficulties, and stealing from friends and family.

Meanwhile, ReVIDA Recovery® is filling in the gaps with regards to opioid addiction treatment in Tennessee by serving as a buprenorphine (Suboxone®) treatment provider. They are currently helping people struggling with an addiction to drugs, such as heroin, hydrocodone, morphine, oxycodone, Percocet, Lortab, OxyContin, fentanyl, and Roxicodone. Their medication assisted treatment (MAT) program is supervised by their professional team of physicians, certified counselors, care coordinators, licensed therapists, and peer recovery specialists.

Counseling is important because it can help the individual identify and process through triggering events and trauma that may have resulted in their opioid dependency. In counseling, a person may be able to develop healthy coping strategies to avoid future relapse and finally enjoy a life in recovery. It will take time to work through the challenging behaviors, difficult emotions, and unhealthy thought patterns that may have contributed to the opioid addiction. Their knowledgeable and caring therapists are ready to listen and assist people struggling with opioid addiction.

ReVIDA Recovery® Knoxville was established with the mission of promoting safe and healthy communities by empowering people to reclaim their lives from opioid use disorder. They are developing a premier network of outpatient recovery centers that provide clinical excellence and industry-leading outcomes. Their clinical expertise, which is based on science and data, drives their evidence-based methods. They are proud of their work and will publicly challenge the stigma that their patients face. ReVIDA Recovery® Knoxville is a comprehensive behavioral healthcare company that includes medication-assisted treatment (MAT) in the treatment of opioid use disorder,

Those who are interested in learning more about the services provided by ReVIDA Recovery® Knoxville can check out their website, or contact them on the phone or through email. They are open from 8:00 am to 5:00 pm, from Monday to Friday.

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For more information about ReVIDA® Recovery Knoxville, contact the company here:ReVIDA® Recovery KnoxvilleTonya Shelton865-633-0353generalinfo@revidarecovery.com2001 Highland AveKnoxville, TN 37916

ReVIDA® Recovery Knoxville

ReVIDA® Recovery promotes safe and healthy communities by empowering individuals to reclaim their lives from opioid use disorder.

Website: https://www.revidarecovery.com/locations/knoxville/?utm_campaign=pr&utm_medium=referral

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