Rehab Educates on Suboxone After Methadone

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Johnson City, TN - ReVIDA® Recovery is a local rehab that recently published a post discussing how long after taking methadone suboxone can be taken. Their facilities are located throughout the Appalachian area and allow ease of access to addiction treatment. The article dives into both methadone and Suboxone and how to switch between the two.

?It is possible to stop taking methadone ?cold turkey? and switch to Suboxone right away. However, this is NOT recommended outside of a medical setting as this switch can cause severe withdrawal symptoms at a rapid rate. Suboxone contains naloxone, an opioid antagonist. This means that naloxone works by blocking opioids from reaching the receptors in the brain. The brain essentially goes into overdrive, attempting to find balance without opioids being present, which triggers withdrawal to occur. For those in recovery, experiencing a sudden withdrawal can be especially dangerous, as cravings will come on suddenly and intensely. The risk of a return to use is extremely high, which is why it is necessary to talk with your doctor and slowly switch from methadone to Suboxone,? the article states.

People can switch from methadone to Suboxone for a variety of reasons. The stigma behind medication-assisted treatment is a large portion of why people may want to switch. Their families or friends may be pressuring them, saying the medication is just ?switching one drug for another,? which is untrue.

Another reason people may want to switch is for convenience. Methadone requires daily medical clinic check-ins while Suboxone can be dispensed weekly.

The main health benefit of both Suboxone and methadone is preventing overdoses. Long-term, Suboxone has shown fewer health risks than methadone. Methadone can cause irregular heart rhythm, breathing problems, severe stomach pain, and seizures. Suboxone has shown less severe long-term side effects, including possible breathing problems and low blood pressure.

?During the transition from methadone to Suboxone, you can expect some discomfort. Your body is used to having a form of opioid within the system at certain intervals, and changing that will cause some symptoms of withdrawal to appear. You will be under a doctor?s supervision and discretion, and they will be able to help you navigate the process while you transition. It is important to have a strong support system in place that you can turn to if the discomfort affects your mental health. Talk to a trusted friend, family member, or member of your care team if you are having concerns about a return to use,? the article continues.

While switching from methadone to Suboxone is possible right away, it is best done under medical supervision. Depending on the dose amount, it can take weeks or months to taper off methadone in preparation for Suboxone. A medical professional will monitor the person?s condition and provide the best insight into how to switch medications safely.

ReVIDA® Recovery has been providing quality addiction treatment in Tennessee and Virginia for years. Their program offers flexible, outpatient options that work with a variety of schedules. Medication-assisted treatment is provided in their clinics by licensed, caring professionals. They have helped many reclaim their lives from opioid and other substance use disorders, and offer same-day appointments to begin right away. Case managers are also available to help with housing and job searches.

To learn more about ReVIDA® Recovery, call 423-455-9321 or visit their website.

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For more information about ReVIDA® Recovery Johnson City, contact the company here:ReVIDA® Recovery Johnson CityLeah Wilcher423-631-0432generalinfo@revidarecovery.com3114 Browns Mill Road,Johnson City, TN, 37604

ReVIDA® Recovery Johnson City

We are committed to our patients? well-being. Every day at ReVIDA® Recovery, we challenge ourselves to continue

building your trust, as you travel the path of recovery.

Website: https://www.revidarecovery.com/locations/johnson-city/

Email: generalinfo@revidarecovery.com

Phone: 423-631-0432