Rehab Unveils How Long It Takes for Heroin Detox

October 21, 2024

Newport, TN - October 21, 2024 -
Newport, TN ? ReVIDA® Recovery is a local rehab that recently published a blog unveiling how long it takes to detox from heroin. With locations throughout Tennessee and Virginia, they provide access to opioid use disorder care for Appalachian residents.

?Heroin is a semi-synthetic opioid that can be taken via injection, inhalation (smoking or snorting), or ingestion. When heroin is taken, it binds to opioid receptors within the brain, triggering a rush of euphoria and pleasure. However, as the person continues to take more, heroin begins to alter the way the brain functions.

Our brains naturally release chemicals such as dopamine as a reward response to things like eating a good meal or exercising. Heroin also causes the release of dopamine, raising levels within the brain. To compensate, the brain diminishes dopamine when heroin is not present. It becomes difficult for the person to feel joy or pleasure when they are not taking heroin. They start to rely on heroin as a source for feeling good. This causes the brain and body to become dependent on heroin, and when the brain doesn?t get it, withdrawal symptoms begin.

Withdrawal symptoms are the brain?s way of signaling that it needs heroin. They can begin as quickly as 6 hours after the last dose and last up to 10 days. For some, withdrawal will continue even longer, while others

experience cravings even after withdrawal has ended. How long withdrawal lasts will vary, depending on how much the person was taking and how often,? the blog states.

Within the first 24 hours after the last dose of heroin, the person will begin to feel flu-like symptoms including runny nose and eyes, aches, and nausea. Mood swings ranging from down and depressed to anxious and irritated are common. During the 24-36 hour mark, withdrawal symptoms will begin to peak. The person will experience intense stomach cramping, vomiting, diarrhea, muscle tension, and joint pain. Cravings are strong during this time and can cause the person to return to use, increasing the risk of an overdose. After 36-48 hours, withdrawal symptoms typically begin to subside. The person will still experience certain symptoms but on a less intense scale. Both mental and physical health should continue to be monitored for 7 days. After 7 days, on average, heroin detox tends to be complete.

The brain takes time to heal from the damage heroin has caused. Heroin becomes a coping skill for stress or negative situations causing the person to turn to heroin to feel good. The same can be said when positive experiences occur, the brain has dulled the reward response causing the person to take heroin. Even as the brain and body heal from heroin, there is still a connection between stress, negative (or positive) emotions, and heroin use. The person may be heroin-free for months and experience a situation such as losing their job or getting evicted. Despite knowing their progress without heroin, these can spark a craving. This is why a strong support system is needed in recovery.

?Protracted heroin withdrawal simply means having withdrawal symptoms that last longer than the acute timeline ? more than 7-10 days. Protracted withdrawal can happen with different substances and there is little research as to why it occurs. Common protracted heroin withdrawal symptoms include anxiety, depression, difficulties establishing sleep patterns, trouble concentrating, fatigue, and irritability. These symptoms were noted to last weeks to months after heroin use had stopped. Not everyone will experience protracted heroin withdrawal, though there may be a correlation in long-term heroin use as opposed to short-term.

?Those experiencing protracted withdrawal can benefit from medication-assisted treatment (MAT). Suboxone is a prescription medication made of buprenorphine and naloxone that works by curbing cravings while maintaining recovery. Buprenorphine is a partial opioid agonist, meaning it binds to some opioid receptors but not nearly to the extent of heroin. Naloxone is an opioid antagonist and provides the ceiling effect of Suboxone. Adding Suboxone to your treatment routine can successfully manage cravings so you are free to focus on living your life in recovery,? the blog continues.

Though it is possible to detox from heroin at home, the safest way is to seek help from a detox center or hospital. These facilities are equipped to provide the proper care and can provide medication to make the process more comfortable. Staff will monitor physical health while support staff provide emotional and mental help.

ReVIDA® Recovery provides treatment options for opioid use disorders specifically as they have seen the impact these substances can have. Through medication-assisted treatment (MAT) and outpatient therapy, they offer a flexible program that is easily accessible.

To learn more about ReVIDA® Recovery, call 423-631-0432 or visit their website.

###

For more information about ReVIDA® Recovery Newport, contact the company here:ReVIDA® Recovery NewportCourtney Bouche(423) 623-7043newport@revidarecovery.com330 Heritage Blvd,Newport, TN, 37821

ReVIDA® Recovery Newport

Our supportive and passionate staff is ready to help regardless of your past treatment experiences and at whatever stage of your opioid addiction treatment journey you are in.

Website: https://www.revidarecovery.com/locations/newport/

Email: newport@revidarecovery.com

Phone: (423) 623-7043