Rehab Warns About Quitting Opioids Suddenly

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Duffield, VA ? ReVIDA® Recovery is a local rehab center that recently published an article about the dangers of quitting opioids suddenly and without help, commonly called quitting ?cold turkey.? They specialize in treating the specific needs of people managing opioid use disorders through medication-assisted treatment and outpatient therapy.

?Opioid withdrawal is not typically life-threatening, but it can create situations that become dangerous. Stopping opioid use cold turkey sends the body into detox, where vital organs begin removing the substance completely from the system. While this is happening, the person will feel very ill and sometimes be in a lot of pain. Cravings during withdrawal will be at an all-time high and may lead the person to take opioids again. This is especially dangerous because the body?s tolerance for opioids will be diminished the longer detox occurs. If the person takes the same dose or a higher dose that they were using before, the risk of an opioid overdose increases. Opioid overdoses require medical attention as breathing can slow or stop altogether, leaving the person vulnerable to organ failure, brain damage, and death,? the article says.

The detox process, also known as withdrawal, has many symptoms. Typical physical symptoms of opioid withdrawal include abdominal cramping, runny eyes and nose, muscle tension, and joint pain. In some cases, people also experience nausea, vomiting, and diarrhea.

One thing that makes opioid withdrawal dangerous is the emotional side effects. People going through opioid withdrawal often experience anxiety, depression, and severe mood swings, which can lead to thoughts of harming themselves or others.

?The safest alternative to quitting cold turkey is seeking help from a detox facility. These facilities specialize in opioid detox, providing medications to manage withdrawal in a safe environment. The average opioid detox takes around 3-7 days, and staying at a facility ensures you are opioid-free and ready to begin with a treatment program.

?If you would prefer quitting opioids on your own, a safer alternative than quitting cold turkey is tapering. Opioid tapering is taking less of the substance over a period of time until they are out of your system. This can still be a dangerous process, especially for those taking illicit opioids. There is no way to know how potent your opioids are as batches of substances such as heroin and fentanyl are always changing. Even pills that look exactly like hydrocodone etc. can be laced with other opioids, making them more potent. Tapering is best done under supervision from a medical professional as they can guarantee what opioids you are taking and at what dose,? the article continues.

While going through withdrawal without medical attention is not recommended, it is important for someone who chooses to do so to have a strong support system. They will need help managing their symptoms and abstaining from opioid use. If they do return to use, their symptoms will start over again the next time they stop taking opioids. They may want to manage their symptoms with over-the-counter medications to treat nausea and other side effects.

ReVIDA® Recovery has helped people across Appalachia succeed throughout their recovery from opioid use disorders. They have facilities in both Tennessee and Virginia that accept Medicaid and are available for same-day appointments. They have seen first-hand the improved outcomes Suboxone provides, and believe it should be used when appropriate.

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

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ReVIDA® Recovery Duffield

We are committed to your well-being and building a foundation of trust in you. Every day that you arrive at ReVIDA® Recovery Duffield, you will see us challenging ourselves to make your experience even better than your last visit.

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