# MAT Clinic First Visit: ReVIDA Recovery Demystifies the Process

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Morristown, TN ? ReVIDA® Recovery is a local medication-assisted treatment (MAT) rehab clinic that treats opioid use disorder (OUD) in Appalachia. Recently, the organization published an article detailing what patients should expect during their first visit to a MAT clinic.

?To prepare for your first appointment, you need to consider any concerns you have or questions you want to ask. We recommend that you write them down or even bring a loved one with you to take notes on your behalf during the appointment.

The most common medication used to treat OUD is Suboxone. You cannot start Suboxone until after all opioids are out of your system. While the length of time it takes for opioids to exit your system depends on the substance, we typically recommend 72 hours before starting Suboxone. If you still have opioids in your system at the time of your first appointment, that?s okay. We will work with you to figure out a timeline that works for you,? the article states.

During the first appointment, patients can expect to meet with members of the clinic?s staff. Before they meet

with their doctor, the patient will talk to a staff member about program expectations, payment plans, and insurance information.

Next, the patient will meet with a physician who specializes in MAT. The doctor and patient will discuss medical history to determine the best treatment plan for their goals. The doctor will address any concerns the patient has.

?During your first appointment, it is important that you feel like you are in a safe environment. Some questions might feel uncomfortable, especially if you are dealing with a lot of shame in early recovery. You need to know that you are in a judgment-free zone and that everyone only wants you to have the best chance at recovery possible, regardless of your circumstances before treatment. At ReVIDA® Recovery, our staff creates a welcoming atmosphere where you can expect to be treated with care and respect,? the article continues.

It is common for patients to receive their prescriptions at their first appointment. Patients with underlying medical conditions may need additional testing to ensure medication is the right fit for them. All patients need to wait until there are no longer opioids in their system before starting Suboxone. This is typically marked by withdrawal symptoms, including body aches, chills, sweating, nausea, vomiting, and diarrhea, as well as cravings, fatigue, anxiety, and difficulty sleeping. Suboxone will ease these symptoms. The medication begins working in as little as 45 minutes after the first dose.

?MAT treatment is not one-and-done. Going forward, you?ll meet with three people during your visits to ReVIDA® Recovery: your doctor, care coordinator, and therapist.

?You will meet with your doctor to get your Suboxone prescription as well as any other additional medications you need to treat your mental health conditions. Suboxone will help you manage your withdrawal symptoms and cravings to help you move forward from the physical parts of OUD. You will continue to check in with your doctor to make sure everything is going as it should.

?Your care coordinator will help you with resources that go beyond the care you receive at the clinic, including education, job opportunities, SNAP benefits, and other resources that will support your recovery.

?You will also talk with a therapist to get to the bottom of underlying mental health conditions that have been contributing to your opioid use disorder. You and your therapist will work together to identify triggering emotions and situations. Then you?ll come up with safe coping strategies to avoid substance use and find healthier alternatives,? the article concludes.

ReVIDA® Recovery has years of experience treating OUD in Tennessee and Virginia. Their outpatient program includes therapy sessions as well as MAT with Suboxone and Sublocade. Their staff has seen how successful MAT is in treating this life-threatening disorder. To learn more about ReVIDA® Recovery, call 423-631-0432 or visit their website.

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**ReVIDA® Recovery Morristown**

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

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