



New Advisory Highlights Fentanyl Withdrawal Risks and Overdose Red Flags

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Real Recovery Solutions has released a new educational blog, "Side Effects of Fentanyl," created to explain how fentanyl affects the body, how symptoms tend to intensify with repeated use, and why overdose risk can escalate quickly.

Fentanyl is a potent opioid that can produce intense short-term effects while also creating serious long-term harm. The new article explains that fentanyl side effects typically fall into two categories: short-term symptoms that occur soon after use and long-term effects that develop with continued exposure. Real Recovery Solutions outlines how both categories can affect physical and mental health, as well as overall functioning, including relationships, work performance, and personal safety.

The blog also points to the ongoing impact of fentanyl across Florida. In the first half of 2024, fentanyl was listed as the cause of death for 2,020 Floridians, the highest of any psychoactive substance during that period. Real Recovery Solutions notes that even when broader trends shift, fentanyl remains a leading driver of overdose deaths, in part because illicit supplies often involve unknown potency and inconsistent dosing.

?Side Effects of Fentanyl? reviews common short-term symptoms such as confusion, drowsiness, nausea, dizziness, low blood pressure, constipation, poor balance, slurred speech, and slowed breathing. The article also explains the opioid "nod," in which a person drifts in and out of consciousness. While this can be dismissed as a typical opioid effect, it can signal dangerous respiratory depression, which is one of the primary mechanisms behind fatal overdose.

For long-term use, the blog describes patterns that often emerge with continued fentanyl exposure, including mood instability, lowered sex drive, menstrual cycle changes, respiratory problems, and decreased immune function. It also explains the role of tolerance. As tolerance increases, higher doses are often needed to achieve the same effect, increasing the likelihood of dependence, withdrawal, and overdose.

The article addresses a less commonly discussed symptom: hallucinations. Real Recovery Solutions explains that hallucinations are not among the most common opioid side effects, but they can occur, especially at higher doses. When they happen, they may present as disturbing waking-dream experiences with visual or auditory elements.

A major focus of the blog is fentanyl withdrawal. Withdrawal symptoms can begin as early as 8 to 24 hours after the last dose. Symptoms such as abdominal pain, rapid heart rate, insomnia, tremor, dilated pupils, vomiting, diarrhea, and muscle cramps, along with anxiety, depression, and powerful cravings. Acute withdrawal symptoms can last around 10 days, while post-acute withdrawal symptoms can last longer and often come in waves.

The blog also outlines overdose warning signs in plain language. Real Recovery Solutions describes the opioid overdose triad: falling in and out of consciousness, slowed or stopped breathing, and extremely small or pinpoint pupils. Additional signs may include blue lips or nails, choking or gurgling sounds, cold skin, limpness, and a slow heart rate. The article emphasizes calling 911 immediately when an overdose is suspected and notes that Florida's Good Samaritan Law provides protection for people who seek emergency help. It also explains how naloxone can temporarily reverse opioid overdose and references harm reduction resources in Florida that provide access and training.

Real Recovery Solutions provides a full continuum of care for substance use and co-occurring mental health needs, including detox coordination, residential treatment, PHP, IOP, outpatient services, supportive housing, aftercare, and alumni support. With a 12-step-focused approach and hands-on case management, Real Recovery's team supports long-term stability alongside sobriety. This includes help with accessing practical resources such as IDs, employment support, education opportunities, SNAP benefits, and healthy routines.

To learn more about fentanyl addiction treatment in the Tampa Bay area or to speak with an admissions specialist, call Real Recovery Solutions at 813-373-6762.

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For more information about Real Recovery Solutions - New Port Richey, contact the company here: Real Recovery Solutions - New Port Richey Patrick Slattery 727-788-3088 patrick@realrecoveryfl.com 5548 La Salle Ct New Port Richey, FL 34652

Real Recovery Solutions - New Port Richey

Our mission is to provide quality addiction treatment and a safe, stable recovery environment with a strong community support system to help men successfully transition back into the real world and recover from addiction.

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