# Detoxing From Prescription Pills In Drug Rehab Facilities

by Louisville Addiction Treatment Center | Oct 27, 2022

Addiction can be a challenging and isolating struggle, but it is important to remember that you are not alone. If you are seeking addiction treatment in Louisville, Kentucky, there is hope.

Overcoming an addiction is a challenge that isn't unique. It's a common problem that many people across the world have had, maybe currently experiencing, and will experience in their lifetime.

Addiction can come in many different forms whether that's a struggle with alcohol abuse, drugs, and those types of addictions that go beyond a physical form. Behavioral addiction is another branch of this addiction that involves problems with gambling or an unhealthy attitude toward pornography.

One of the first steps to overcoming a drug addiction is detoxing. Detoxing is an important stage of the process and in this guide, we'll look at how patients can overcome addiction through this crucial stage. What is detoxing, and how does it work? What methods are used and how does that help with the bigger picture of the addiction journey?

## What is detoxing?

Detoxing is a fairly common term that's not only used in drug addiction but in many areas where the person is looking to make a change to their habits or body. What is detoxing? Well, in the health sense, they're short-term interventions, usually made for dietary reasons to flush the body of any toxins.

This type of intervention can also be used in other ways. For example, a person could detox from social media which could involve taking a prolonged break from accessing it. In the case of addiction, detoxing plays an important part in helping wean off an addiction, overcome it and ultimately recover.

According to the National Survey of Substance Abuse Treatment Services, there are 2,981 out of a total of 14,809 treatment facilities in the US that offer some form of alcohol and drug detoxification service.

Whilst it might not be an extremely common option within an addiction treatment center, it is one that can be utilized if it seems of benefit to the individual in question. The need for detoxing is one that can be part of a lengthy program for those that are in need of detoxifying before tackling anything further.

With this in mind, detoxifying is considered to be the first step once an individual has approached a treatment facility for help.

## How does detoxing work?

Detoxing works by getting rid of all traces of the substance in your body, whether you're there for alcohol rehab or drug rehab. The detoxification is done in a way to ensure you're physically stable and that you are fully ready to start the therapy part of the addiction treatment.

Jumping straight into therapy may not be for everyone as it's often said, drug and alcohol addiction isn't one-size-fits-all. It often takes a tailored approach to each individual in order to find what works for them and their needs.

The reason for detoxifying is that the body has become well used to having the substances in its system. With detoxing, you'll approach a facility like Louisville Addiction Treatment Center and you'll be assisted under the care of doctors, nurses, and other healthcare professionals to help you detox safely and securely.

Many detoxes are often offered through intensive outpatient programs and inpatient programs. Doing a detox alone isn't always successful. The reason why is that detoxing means both your brain and body have to adjust to the sudden drop in chemicals. Chemicals that your body and brain have been used to for a short or long period of time.

With trained professionals by your side, you've got more chances of successfully detoxing so that you can move on to the next stage of your journey.

## What can you expect when detoxing from prescription pills?

With prescription pills, much like any drugs or alcohol, they contain chemicals that your body has become used to and in many cases, reliant on.

The first step when it comes to a detox provided by a treatment facility is that you'll get a very thorough assessment done first. This is essential for your addiction treatment in order for health professionals to understand the problems, the scale of the addiction, and what you need as an individual.

With this assessment, the facility will get patient information regarding medical history and details of the addiction in order to create a plan that's tailored to the individual.

Then comes the withdrawal. According to Mayo Clinic and many clinical studies conducted previously, there are many symptoms that come with a withdrawal from prescription drugs. This includes:

- *Nausea*
- *Confusion*
- *Uncontrollable mood swings*
- *Drowsiness*
- *High temperature or chills*
- *Increased blood pressure*
- *Muscle and bone aches*
- *Abdominals cramps*

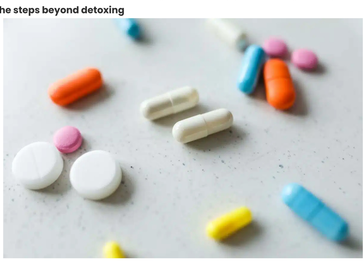
With each individual, the list of withdrawal symptoms both physical and mental can differ. Some can be lengthier than others, which reinforces the need to have professionals around you when you're detoxing.

To try and handle all these symptoms on your own, it's likely to end up with a relapse before you've even started to overcome the addiction.

In order to ensure patients are coping with withdrawal, medical professionals will often provide appropriate and controlled medication to help the individual. Going cold turkey is rarely successful and if anything, could cause more damage in the process. This medication may also be helpful with symptoms of pain and the inability to calm the brain and body.

Another benefit that comes with medically assisted detoxing is that most often than not, you can get around-the-clock support. That's why it's extremely helpful for those who are able, to check into a facility where they can remain for the duration of their drug or alcohol treatment. That way, a person's detox can be managed 24/7 under supervision.

## The steps beyond detoxing



Detoxing is just an initial step in the process of battling addiction. There are many other treatments that can be helpful beyond detoxing, once the patient has successfully emptied their body of all substances.

Intensive outpatient and outpatient programs will provide a range of treatment opportunities that include various therapies. For those who cannot afford the cost or time that comes with already mentioned programs, telemed has fast become a popular option for many.

It works by providing help to those with addictions by creating the contact virtually. The power of technology and the online world has been harnessed in a positive way to benefit those individuals whose situation requires an at-home approach.

Recovery requires many multiple pathway treatments that include focusing on the underlying problems with addiction. Finding the crux of the individual's issues when it comes to their reliance on prescription drugs is a critical part of the recovery process. A few examples of the treatment available with addiction facility centers can be any of the following.

### Intensive Outpatient Program

With an intensive outpatient program, it's one that's most common among treatment facilities around the world. It requires the individual to live 'on site' where the treatment center is located and this is where they stay for the duration of their program.

For some, it's an important part of the program because it removes the temptation and offers the constant support that's needed when faced with an addiction.

The length of the treatment program itself will vary depending on the severity of the addiction and the individual in question. This will be decided upon your assessment with medical professionals, where a tailored plan and package will be suggested.

### Partial Hospitalization Program

A partial hospitalization program may sound daunting to some but it really isn't. Known as PHP for short or a day program, it's one of the most common options to come across. The PHP drug treatment requires you to attend 6-8 hours of intensive treatment with you leaving at the end of the day to go back home.

These are ideal for those who already find themselves in a safe and substance-free home environment.

### Outpatient Rehab

Occupational Rehab is designed for those who have already completed an inpatient addiction treatment program or one of the other common programs made available.

It's one that is there and readily available for those who don't feel like they're quite out of the woods when it comes to addiction. When you step outside into the real world, it may have its influences and potential pitfalls that could trigger a relapse.

Therefore outpatient rehab is a good option for those who would prefer to get some additional help and guidance that's flexible in nature.

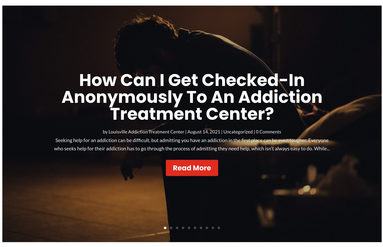
## How to get help for an addiction to prescription pills

Getting help through a treatment center like Impact Outpatient Program is a productive way of helping an addiction to prescription pills, among other substances.

Treating addiction takes a lot of time, effort, and patience. It doesn't always work the first time either and can be a lifelong battle for many. However, with the right tools and guidance, a recovery path that's long-lasting and sustainable is something that can be achieved for many.

When it comes to addiction, asking for help is the first step. That acknowledgment of addiction can be one of the most challenging parts of the process for some. It's what triggers the rest of the process which could involve detoxing as that initial stage in the journey.

## Our Latest Posts




## Our Video's