What To Expect When Detoxing From Methamphetamines

by Louisville Addiction Treatment Center | Sep 5, 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.

Methamphetamine is a powerfully addictive stimulant that can have a devastating effect on the user. When someone decides to detox from methamphetamine, they can expect a number of unpleasant side effects.

This article will help you understand what to expect when detoxing from methamphetamines. We will cover the different stages of detox, as well as the symptoms that you may experience.

First Stage of Detox

The first stage of detox is known as the "acute" phase. This is when the individual will experience the most intense symptoms. These can include:

- Severe cravings for methamphetamine
- Depression
- Anxiety
- Insomnia
- Paranoia
- Psychosis

These symptoms can be extremely difficult to deal with, but it is important to remember that they are only temporary. With proper medical care and support, you will be able to get through this tough time.

Second Stage of Detox

The second stage of detox is known as the "sub-acute" phase. During this time, the individual will still experience some symptoms of withdrawal, but they will be less intense than in the acute phase. These can include:

- Mild cravings for methamphetamine
- Fatigue
- Irritability
- Headaches
- Difficulty concentrating

Again, these symptoms are only temporary, and with proper care and support, you will be able to get through them.

Third Stage of Detox

The third and final stage of detox is known as the "recovery" phase. During this time, the individual will start to feel better physically and mentally. They may still have occasional cravings for methamphetamine, but these will be manageable. Some other common symptoms during this phase include:

- Difficulty sleeping
- Mood swings
- Anxiety
- Depression

How to Detox from Methamphetamines

The first step in detoxing from methamphetamines is to stop using the drug. This can be difficult, as methamphetamine is highly addictive. If you are struggling to quit, there are a number of resources that can help, including treatment centers and 12-step programs.

Once you have stopped using, the next step is to allow your body to rid itself of the drug. This can take a few days to a week. During this time, you may experience symptoms such as fatigue, depression, and anxiety. These symptoms are normal and will subside as your body adjusts to being without methamphetamine.

If you have been using methamphetamine for a long period of time, you may also experience more intense symptoms during detox. These can include hallucinations, delusions, and paranoia. These symptoms are called psychotic symptoms, and they can be dangerous. If you experience any of these symptoms, it is important to seek medical help immediately.

After your body has rid itself of the drug, you will enter the final stage of detox, which is called post-acute withdrawal syndrome (PAWS). During this stage, you may still experience some residual effects from methamphetamine use, such as sleep problems, mood swings, and cravings. However, these effects will gradually lessen over time.

PAWS can last for months or even years after you have stopped using methamphetamine. However, with time and patience, you will eventually make a full recovery.

Support and Help for a Sustainable Recovery

Detoxing from methamphetamines can be a difficult and challenging process. However, it is important to remember that you are not alone. There are a number of resources and support groups available to help you through this difficult time. Impact Outpatient Program is a one-of-a-kind outpatient drug & alcohol treatment center that offers a path to lasting, sustainable recovery. We offer the following programs:

Intensive Outpatient Program (IOP)

The IOP program is designed for individuals who need more structure and support than what is offered in traditional outpatient treatment. This program meets three times per week for three hours per session. During treatment, you will work with a team of therapists to address the underlying causes of your addiction. You will also participate in group therapy and receive individualized counseling.

Outpatient Program

The outpatient program is designed for individuals who are in the early stages of recovery. This program meets twice per week for 90 minutes per session. During treatment, you will work with a team of therapists to address the underlying causes of your addiction. You will also participate in group therapy and receive individualized counseling.

Multiple Pathways Treatment Program

The Multiple Pathways Treatment Program is designed for individuals who have been through multiple treatment programs and have relapsed. This program is an intensive outpatient program that meets three times per week for three hours per session.

During treatment, you will work with a team of therapists to address the underlying causes of your addiction. You will also participate in group therapy and receive individualized counseling.

Telemedicine Treatment Program

The Telemedicine Treatment Program is designed for individuals who live in rural areas or are unable to come to our facility for treatment. This program is an intensive outpatient program that meets three times per week for three hours per session.

During treatment, you will work with a team of therapists to address the underlying causes of your addiction. You will also participate in group therapy and receive individualized counseling.

With perseverance and determination, you can overcome your addiction and reclaim your life. If you or someone you love is struggling with methamphetamine addiction, please get help. Detoxing from this drug is a difficult process, but it is possible with the right support.

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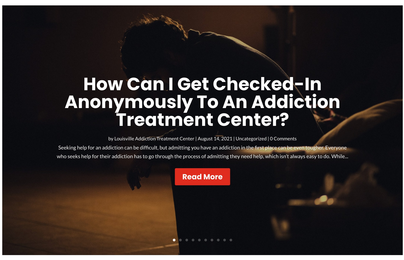

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