

The Detox Process Timeline

The decision to act and take control of your recovery is a huge step. It's a commitment to put yourself first and take steps to focus on your health and wellness. You undoubtedly have many questions about the detox process. One of the most common questions is how long does the detox process take?

Unfortunately, there is no definitive answer to that question, detoxing from drugs and/or alcohol is a process that depends on many factors. How your body responds to the process, the level of medical care you receive, and your mental status all impact the speed at which you detox.

Detoxing isn't easy and isn't something that can be rushed. Some people react severely to the withdrawal symptoms, which is why we provide high-quality medical care to ensure that you are safe and made to feel as comfortable as possible.

So why there isn't a short answer to how long it takes to detox, it may help you to know the process, so that you are better prepared.

The Detox Process

Your recovery as a whole is based on both physical and mental wellness. However, the physical withdrawal side of the detox journey is tackled first. Counseling will not be as effective if you continue to drink or take drugs. You will undergo a medical detox first to break the cycle of your addiction. This is usually done on an inpatient basis under 24/7 monitoring by medical professionals. There's no easy way through this, though we will work to control your symptoms as they arise.

The most common withdrawal symptoms are:

- Anxiety
- Paranoia
- Insomnia and vivid dreams
- Gastrointestinal issues – nausea, vomiting, and diarrhea
- Fever
- Fatigue

The speed of your detox and the severity of symptoms experienced is different from person to person. The substance and level of addiction also play a part. For example, detoxing from alcohol is often quicker than detoxing from things like opioids. Withdrawal symptoms tend to start relatively soon after the last dose and can last up to three weeks.

Once you are over the physical aspects of the detox you continue with the [next stage of your recovery](#).

The Road To True Recovery

Medical detox is the first step in your recovery. Your best chance of long term success is to undergo counseling on a one-to-one and group basis. This aspect of your recovery takes a deeper look at the psychological issues behind your addiction.

Once you've identified your psychological issues, you will be helped to develop better skills to cope with pressure and stressful situations in your everyday life which might affect your sobriety.

The final stage of your recovery takes place on an outpatient basis with access to our aftercare services. Your counseling will continue on an as-needed basis and there will be access to regular support groups.





Findlay Recovery Center

We specialize in guiding people on their recovery through our leading detox center. You will be treated as an individual, with respect, and without judgment.

[Talk to us today](#) to find out how we can help you overcome your addiction.



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Hours of Operation

Weekdays 24 Hours
Saturdays 24 Hours
Sundays 24 Hours
Holidays 24 Hours

About Our Company

Findlay Recovery Center is a drug & alcohol treatment center in Findlay, Ohio that offers evidence-based, detoxification and residential inpatient treatment at an affordable rate.

