

# How to Detox From Xanax

By The Professionals At Robert Alexander Center

Individuals should detox from prescription medications if misuse of the prescription is occurring. **Prescription misuse for drugs**, like Xanax, occurs when an individual does not follow dosing recommendations, when they take the drug to get high, or when someone is taking a prescription that is not theirs.

Individuals who are addicted to Xanax should get addiction treatment help through a rehabilitation facility equipped to handle both the substance abuse and any other mental health-related disorders related to Xanax use.



At the Robert Alexander Center, we work with clients through every step of the detoxification, addiction treatment, and rehabilitation process. Our clients have access to a large facility fully equipped to manage a number of comorbid mental illnesses and substance use disorders. **Contact us today** to see how we can support you through detoxification from Xanax.

## What Is Xanax?

Xanax is the brand name of a drug called Alprazolam. It can be prescribed to treat anxiety and panic disorders. It falls under the category of benzodiazepines, which decrease the activity in the brain to "mellow out" or calm individuals.

Xanax is most often found in pill form and can be taken once a day for the extended-release tables or two-four times a day for the fast-acting tablets.

Side effects from Xanax can include: "drowsiness, light-headedness, headache, tiredness, dizziness, irritability, talkativeness, difficulty concentrating, dry mouth, increase salivation, changes in sex drive or ability, nausea, constipation, changes in appetite, weight changes, difficulty urinating, and joint pain."

More severe symptoms can include, "shortness of breath, seizures, skin rash, yellowing of the skin or eyes, confusion, problems with speech, and problems with coordination or balance."

These common side effects are more noticeable and frequent in individuals abusing Xanax.

## What Are the Signs of Xanax Addiction?

With a Xanax addiction, individuals are more likely to experience increased side effects because of the increase of Alprazolam in their system.

Additionally, individuals can overdose on Xanax. Overdose symptoms include "drowsiness, confusion, problems with coordination and/or speech, and loss of consciousness." If you suspect your loved one is overdosing, call 911 immediately.

If you are noticing that you or your loved one may be suffering from a Xanax addiction, it is important to get help today. Contact the Robert Alexander Center today to see how we can support you through rehabilitation.



## How to Detox From Xanax Safely and Successfully

To safely and successfully detox from Xanax or any drug, prescription or recreational, an individual should be closely and carefully monitored. Withdraw symptoms for drugs vary, but some can be deadly.

Xanax **withdrawal** can cause, "sleep disturbance, irritability, increased tension and anxiety, panic attacks, hand tremor, sweating, difficulty in concentration, dry heaving and nausea, some weight loss, palpitations, headache, muscular pain and stiffness, and a host of perceptual changes."

With addiction to Xanax, there will also be cravings. Individuals suffering from addiction should be closely monitored to stop relapse and basic well-being through this challenging process.

## What To Do After You Detox From Xanax

After detoxing from Xanax it is important to access addiction treatment so that you or your loved one can maintain sobriety. The Robert Alexander Center can help treat both alcohol and drug addiction, including addiction to Xanax and other prescription medications.

Our rehabilitation center supports clients through the continuum of addiction treatment. Starting with detoxification, our clients are closely monitored by medical professionals who are there to support and mitigate withdrawal symptoms. Following detox from Xanax, individuals can access comprehensive addiction treatment through our residential inpatient treatment, partial hospitalization and intensive outpatient programs, and outpatient rehabilitation.

While at the Robert Alexander Center, our clients have access to the most innovative addiction and mental health treatment programs. By combining the traditional evidence-based practices that are proven to support the mental health of individuals who are struggling with addiction and the alternative body and soul healing therapeutic practices of creative arts therapy and movement therapy, our clients can learn the skills necessary for long-term sobriety.

**Contact us today** to access expert treatment for lasting recovery at our Kentucky addiction treatment center.

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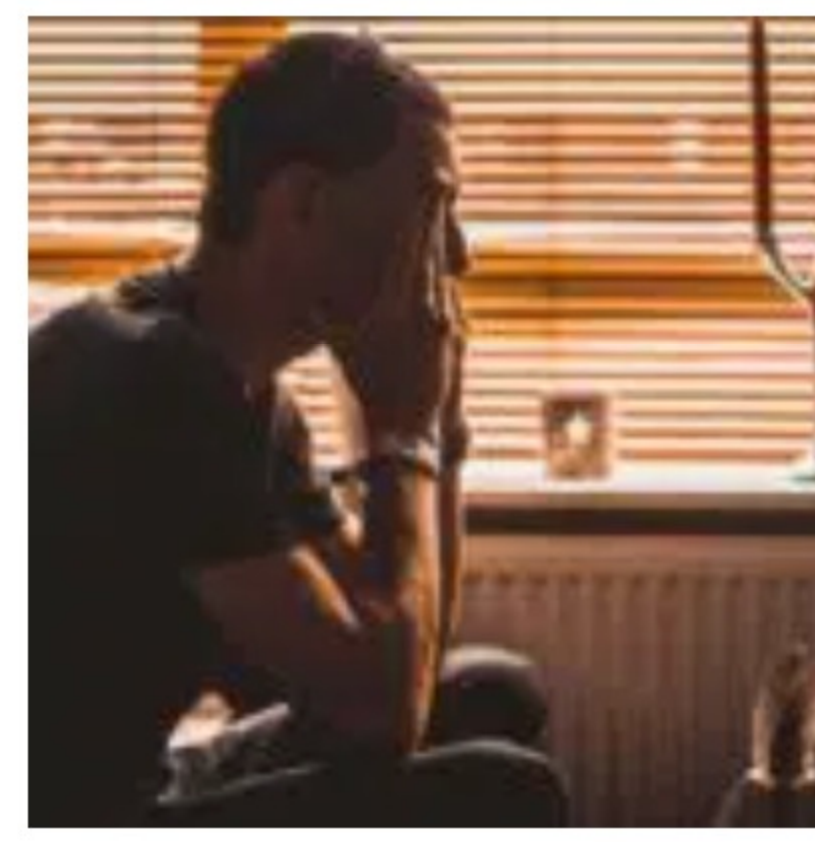
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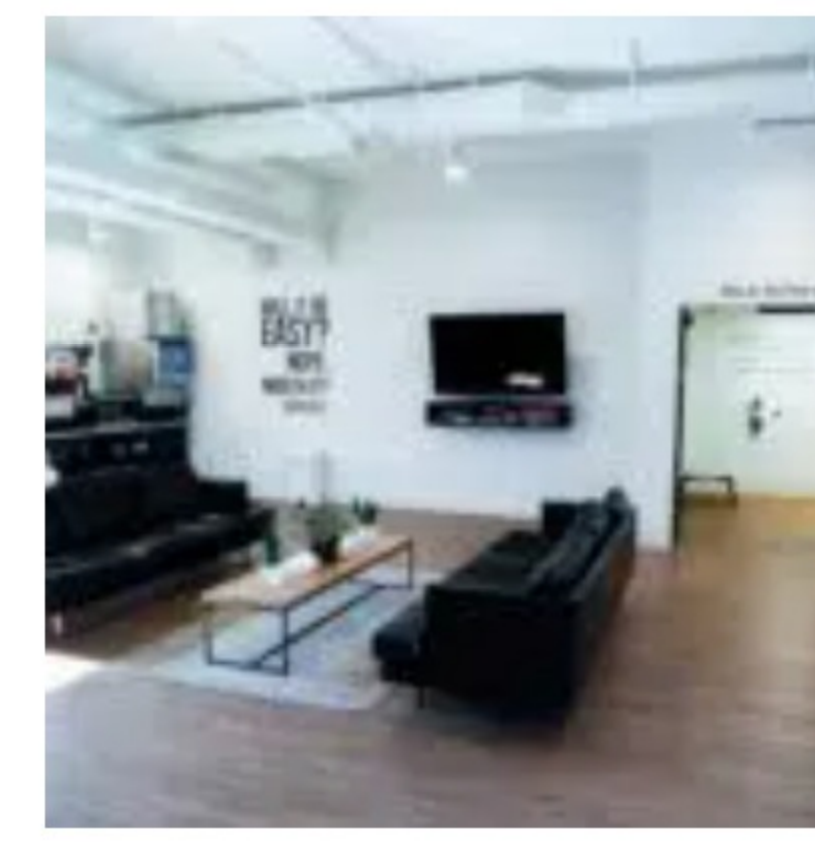
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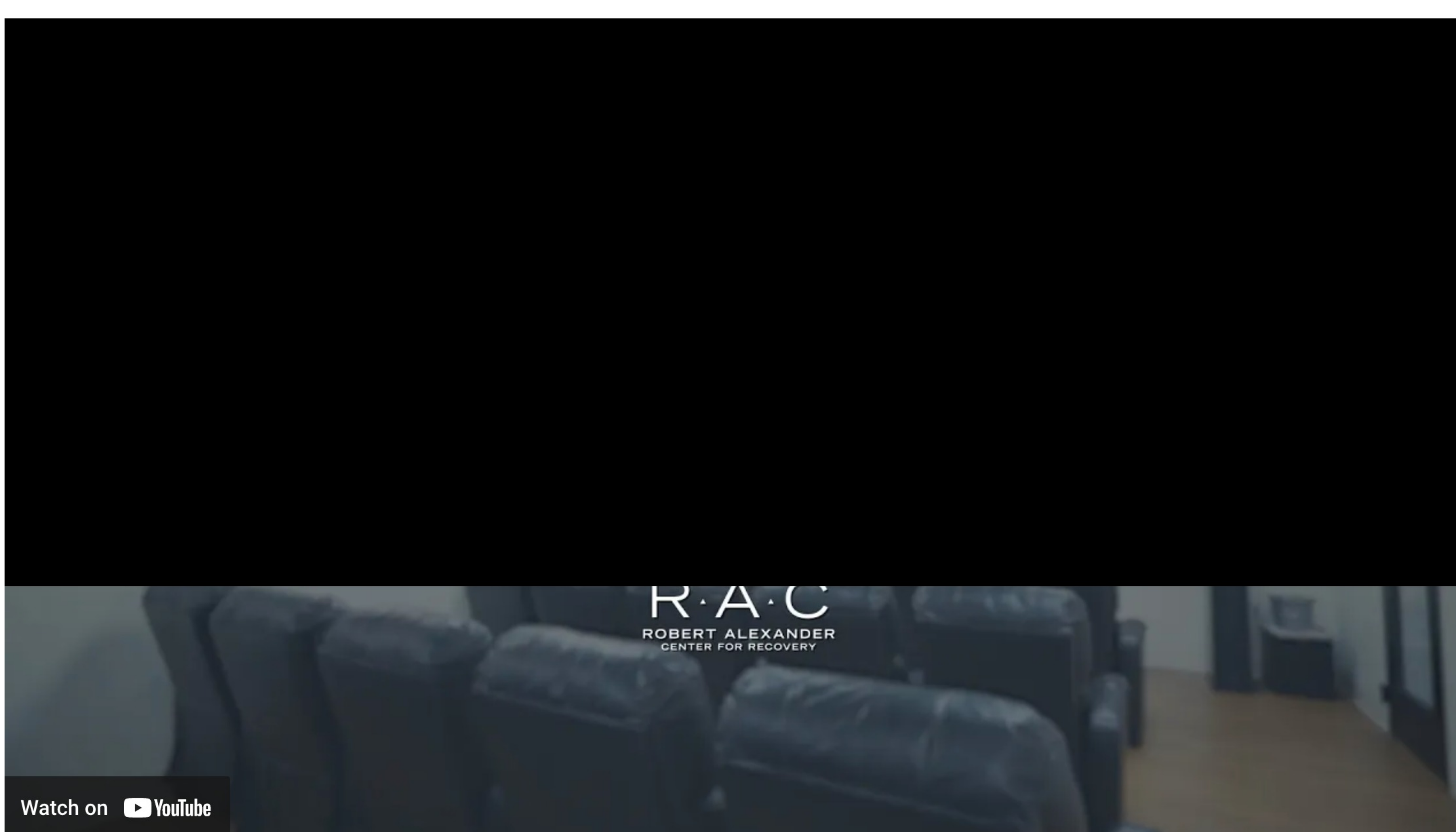
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