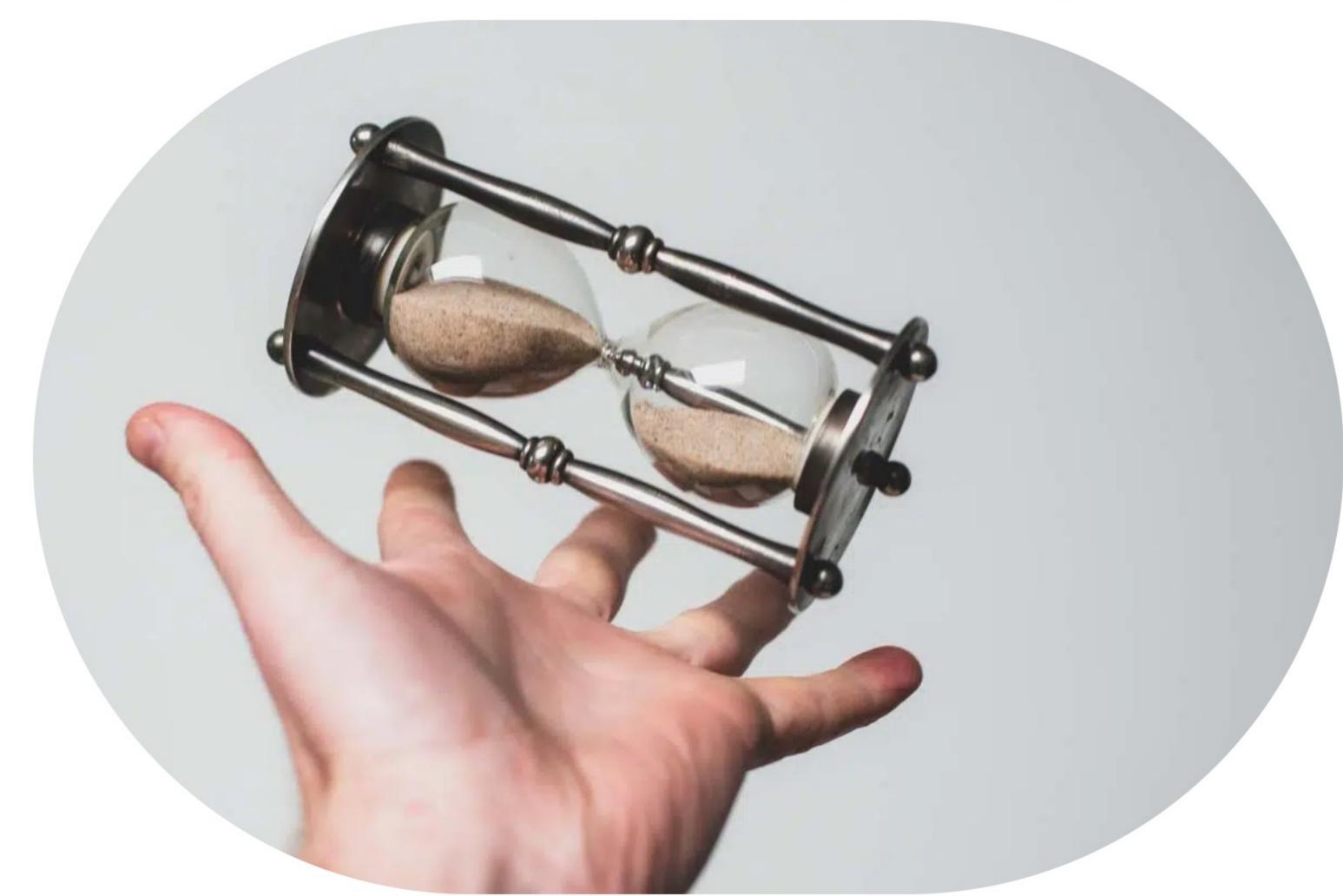


Alcohol Detox Timeline For Recovery By The Professionals At Robert Alexander Center

Reaching the point where you recognize that you have a problem with alcohol and require support in dealing with that problem is a huge step in anyone's life. It can be incredibly scary and it's something that a lot of people struggle with even getting to. However, there are always things that you can do to deal with a dependency on alcohol and there are plenty of services out there available to you. The best thing that you can do is to equip yourself with as much knowledge and information as possible. Today we will be education you on the alcohol detox timeline.

What Is The Alcohol Detox Timeline?



The process of detox from alcohol is one that can be broken up into multiple stages. The exact timeline of these stages is something that can vary from person to person but withdrawal from alcohol can begin within hours of stopping your alcohol consumption.

Stage 1 takes place within the first 6 to 12 hours of alcohol detox as is usually accompanied by symptoms such as headaches, anxiety, stomach pains, poor appetite, nausea, and insomnia. Stage 2 is within the next 12 to 47 hours where the symptoms can escalate to things such as hallucinations and seizures. Stage 3 takes place in the remaining 48 to 72 hours and can include many of the worst symptoms of withdrawal such as high blood pressure, confusion, fever, and even death.

Withdrawal symptoms

While the symptoms of alcohol can vary wildly depending on your overall health and your previous history with and dependence on alcohol, it's a good idea to be aware of some of the more serious symptoms of alcohol withdrawal. Delirium tremens is one of the more extreme signs and symptoms that can occur following cessation of alcohol. DTs are a change in the level of consciousness and are more likely to occur in those who have a history of heavy alcohol use and experience other serious signs of withdrawal. Delirium tremens can cause auditory and visual hallucinations and can even be fatal in 1% to 5% of cases.

Treatments

Because of the potential risks involved in alcohol withdrawal, it is incredibly important that the beginning of any alcohol detoxification process is handled by professionals. Often, the best option is for the process to take place in an inpatient setting. Treatments often include observation to determine the severity of withdrawal symptoms, anti-anxiety medications, antiseizure medications, and beta blockers. The entire process can be mentally and physically exhausting which is why it's so important to get the right support from trained professionals at accredited rehabilitation centers. These treatments not only keep you physically safe but they also help you to keep focused on your goals of detox and sobriety.

Reaching the point where you recognize the need for support with any kind of addiction is incredibly difficult, but it's important to know that there are a lot of places and services out there that can provide you with all of the help and support that you need to back you up during this extremely challenging and difficult time.

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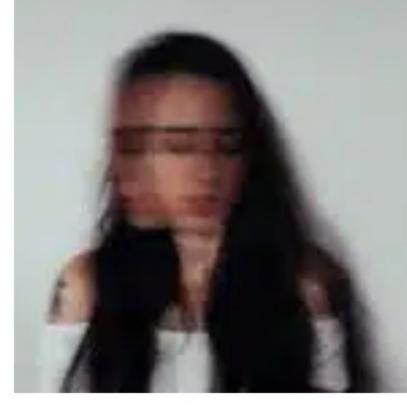
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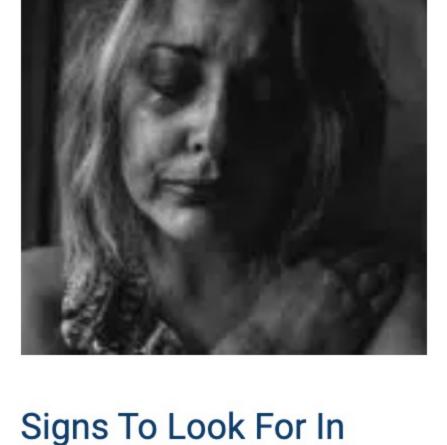
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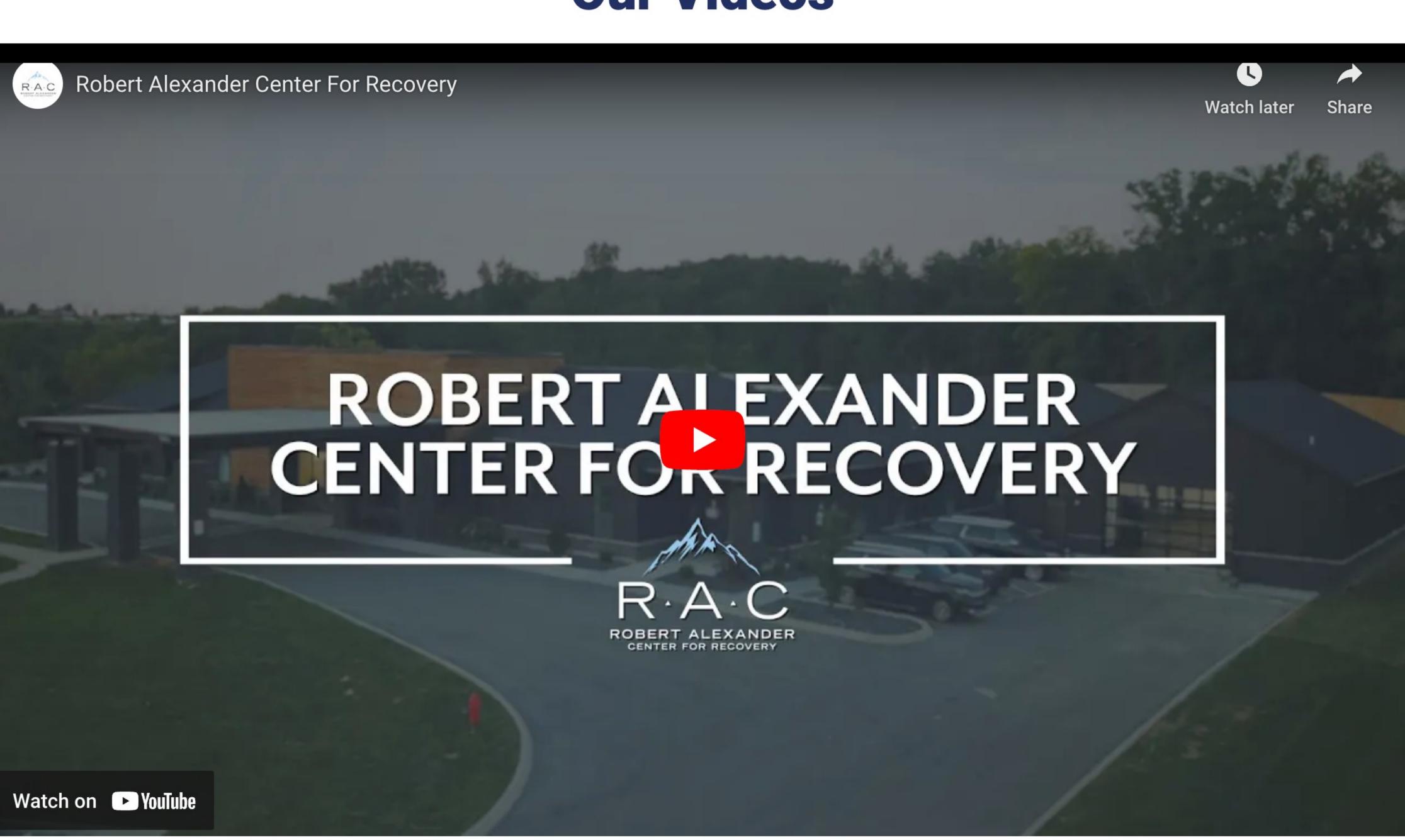
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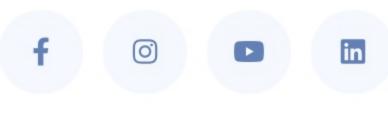
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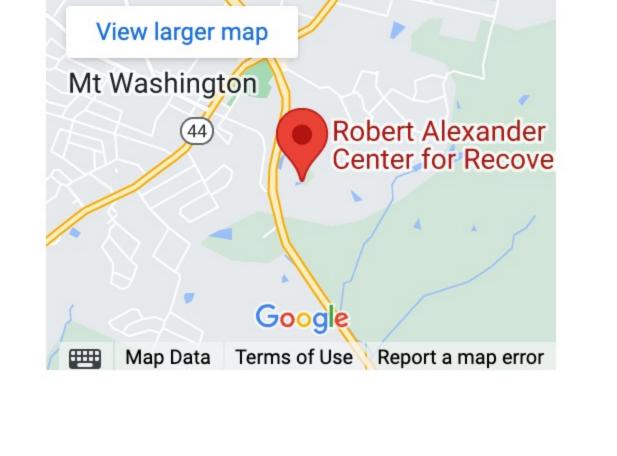
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