

What Is Drug Detox and What Should I Expect San Diego HGR Drug detox is the process by which the body clears itself of substances after dependence has developed, and it is the necessary first step in addiction treatment. For many substances, including alcohol, opioids, and benzodiazepines, the detox process involves withdrawal symptoms that range from uncomfortable to medically serious, which is why medically supervised drug detox <https://www.pexels.com/@mina-mariotti-2162711452/> in a professional setting like HGR Drug Rehabs San Diego California is so important for most people who have developed significant physical dependence. What to expect during drug detox at HGR begins with a clinical assessment that determines the appropriate level of medical management for each individual. The assessment considers what substances have been used, at what quantities and for how long, what the client's overall health is, and what other medical or psychiatric conditions are present. Based on this assessment, the medical team develops a detox protocol that may include medication-assisted treatment and specifies the monitoring and support that will be provided throughout the process. The timeline for drug detox varies by substance. Alcohol withdrawal symptoms typically [drug rehabs San Diego CA](#) peak in the first 24 to 48 hours and resolve over several days to a week. Opioid withdrawal produces its most intense symptoms in the first 72 hours and generally resolves over one to two weeks, depending on which opioid was involved. Stimulant withdrawal involves less physical danger but significant psychological symptoms including fatigue and depression that require support.

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Throughout the drug detox process at HGR, clients receive 24-hour clinical monitoring, medication management, emotional support, and nutritional guidance. The goal is to make the physical process of detox as safe and comfortable as possible so that clients are in the best possible position to engage with the rehabilitation phase of treatment. Call HGR Drug Rehabs San Diego California at 760-697-0497 to discuss medically supervised drug detox. Open 24 hours at 402 W Broadway Suite 400, San Diego.

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Drug & Alcohol Rehab San Diego, CA

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