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Alcohol Detox

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People with alcohol use disorder (AUD) may experience uncomfortable and potentially severe alcohol withdrawal symptoms when attempting to quit. A supervised, medical detox can help people avoid unnecessary discomfort or life-threatening withdrawal complications. If you or someone you know is struggling with their alcohol use, seeking professional help can make a difference. Our admissions navigators are available to speak with you about treatment any time of day.

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What Is Alcohol Detox?

For many people with **alcohol use disorder (AUD)**, detox is the first step in treatment. Supervised medical detox helps you manage distressing withdrawal symptoms, helps reduce the risk of withdrawal complications such as seizures, and helps you feel better as possible.⁷

What would you like to learn about?

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Alcohol Withdrawal Symptoms

Alcohol withdrawal symptoms range from mild to severe. Which symptoms you have, how bad they are, and how long they last will depend on factors such as how much and how often you drink, your age, and your overall health.⁷

Mild Withdrawal Symptoms

Moderate Withdrawal Symptoms

Severe Withdrawal Symptoms

When Will Alcohol Withdrawal Symptoms Start?

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A doctor or other treatment professional may evaluate for the above factors prior to making a recommendation for the level of detox care and detox timeline needed to keep a person safe and comfortable.

Outpatient alcohol detox may be a good fit for people at low risk for severe withdrawal. Withdrawal progress is monitored through frequent check-up appointments within outpatient clinical settings (e.g., doctor's office), allowing for the level of care to be escalated if needed.

Inpatient alcohol detox may be suited to people at risk for moderate to severe withdrawal who need 24-hour medically-supervised detox services.⁷ Staff at these detox programs will monitor recovery progress and regularly assess for any withdrawal complications to make sure the patient is not in danger.

Benzodiazepines or other sedative medications may be administered during the process. Inpatient detoxification also serves as a way to keep individuals somewhat removed from potentially triggering social and environmental stimuli that might increase the risk of relapse.³

Additional Alcoholism Treatment Options

Following successful completion of detox, an **inpatient or outpatient rehabilitation program** may be recommended to allow further work toward recovery and relapse prevention.

Services that may be included as a part of a comprehensive treatment plan for alcohol use disorders include:

- Group therapy
- Individual counseling
- Family counseling
- Support group meetings
- Wellness activities
- Medication treatments

Behavioral therapies can help those struggling with alcohol abuse focus on avoiding old

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