

Alcohol Detox at Home

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Alcohol detox at home can be done, but never by yourself. There must be medical oversight because everyone's withdrawal symptoms are different and unknown until they are into the process itself. In-home detox is not set up to handle patients who are at risk for seizures or strokes. Most programs will only allow low-risk, relatively healthy patients to attempt detox at home.

All patients are overseen by medical staff. Someone is always at the patient's home during the detox process, which can last anywhere from three to seven days. Depending on the home detox program, the person who stays with the recovering alcoholic could be a friend or family member, with the medical personnel making daily visits and always available by phone. Other detox programs have the medical personnel staying at your home.

Home detox is much less expensive than in-patient detox. Rather than paying for your share of a stay in a treatment facility as well as keep your home operating, you're just paying for your home, like normal.

Each person is evaluated for their suitability for in-home detox from alcohol before this program starts. There are usually questionnaires and/or interviews. At that point the addict's suitability for in-home detox from alcohol will be determined. A plan for healthy, safe and effective detox will be prepared and discussed with the patient.

There are many products on the internet promising virtual "detox in a box" or "all-natural detox at home". However, none of these are recommended by physicians. In fact, they're primarily set up to help people using drugs or alcohol pass drug screening by employers and others. If you can find these products on the internet, don't you think they employers can, too?

In-home alcohol detoxification can also be used before an inpatient or

outpatient treatment program begins. When the individual arrives at the treatment facility, the recovery phase can begin straightaway.

During the in-home alcohol detox, a medical professional, usually a nurse, will arrive at your house. They usually wear street clothes, so as far as your neighbors are concerned, you just have a friend visiting. The medical expert will have already seen your evaluation and will have come prepared to treat you according to your special needs.

Medications are administered, vital signs checked, and the detoxification process has begun. For the detox to be most effective, it must be followed up by recovery. Many of the medical staff who guide the recovering alcoholic through the home detox process will also begin the long-term recovery process at the same time.

Alcohol detox is the first step in the recovery process. Detoxing at home, under medical supervision, can be a safe and confidential method of beginning a new life of sobriety. But even at home, it's critical that the alcohol detox process only be done under competent medical supervision.

<http://www.stopdrinkingadvice.org/guide/>

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