

# Opioid Comedown: Symptoms, Treatment, & FAQs

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High potential for abuse and addiction. The euphoric effects of opioids can lead individuals to misuse them, often resulting in a dreaded phase known as the opioid comedown.

In this comprehensive blog post, we will explore the symptoms of an opioid comedown, its physical and psychological effects, the treatment options available, and answer frequently asked questions about this challenging experience.

## What is an Opioid

An Opioid is a type of medication that is typically prescribed for the treatment of moderate to severe pain. They work by binding to opioid receptors in the brain and blocking pain signals. Some commonly prescribed opioids include

- Fentanyl
- Oxycodone
- Codeine
- Morphine
- Hydrocodone
- Tramadol

These medications are effective in managing pain, but they also carry a high risk of addiction and can produce intense feelings of euphoria. As a result, many individuals misuse or abuse opioids, leading to a comedown when the effects wear off.

## Understanding Opioid Comedown

The opioid comedown, also referred to as withdrawal, occurs when an individual who has been using opioids for an extended period reduces their dosage or discontinues their use. It is a distressing phase in which the body and mind react to the absence of the drug.

The severity and duration of an opioid comedown can vary based on factors such as the type and dose of opioids used and the individual's overall health.

## Symptoms of an Opioid Comedown

- **Flu-Like Symptoms:** Opioid withdrawal often begins with flu-like symptoms, including runny nose, sneezing, and a general feeling of malaise.
- **Muscle Aches and Pains:** Individuals may experience muscle aches and joint pain, which can be quite uncomfortable.
- **Gastrointestinal Distress:** Nausea, vomiting, diarrhea, and abdominal cramps are common symptoms of an opioid comedown.
- **Anxiety and Restlessness:** Psychological symptoms are prevalent, including anxiety, restlessness, and agitation. Individuals may have difficulty sitting still or relaxing.
- **Insomnia:** Opioid withdrawal can severely disrupt sleep patterns, leading to insomnia or frequent awakenings during the night.
- **Mood Swings:** Mood swings, depression, irritability, and mood instability are typical during this phase.
- **Sweating and Chills:** Profuse sweating followed by chills is a frequent occurrence.
- **Pupillary Dilation:** Pupils may dilate significantly during withdrawal.

## Physical and Psychological Effects of an Opioid Comedown

The physical and psychological effects of an opioid comedown are intertwined and often exacerbate each other. Physically, the symptoms can be exhausting, painful, and incredibly uncomfortable. The flu-like symptoms, gastrointestinal distress, and muscle aches can leave individuals feeling weak and fatigued.

These physical discomforts can lead to psychological distress, including:

- mood swings
- anxiety
- irritability
- depression
- restlessness
- difficulty concentrating

It's essential to recognize that an opioid comedown is part of the withdrawal process and is a significant barrier to quitting opioid use.

## Treatment Options for Opioid Comedown

Treatment options for opioid comedowns vary depending on the severity of symptoms and individual needs. In some cases, individuals may choose to go through withdrawal at home with support from loved ones or a healthcare provider.

In more severe cases, medical treatment may be necessary to manage severe symptoms and prevent complications such as dehydration or malnutrition.

Some common treatments for opioid comedown include:

### Medical Detoxification

In some cases, individuals may require medical detoxification to manage the symptoms of an opioid comedown. Medical professionals can provide medications to alleviate withdrawal symptoms and ensure a safe and more comfortable detoxification process.

### Behavioral Therapy

Behavioral therapy, such as Cognitive Behavioral Therapy (CBT) and Contingency Management, can help individuals address the psychological aspects of withdrawal, manage cravings, and build healthier coping mechanisms.

### Medication-Assisted Treatment (MAT)

MAT involves the use of medications, such as methadone, buprenorphine, or naltrexone, to reduce withdrawal symptoms and cravings. MAT can be a valuable component of long-term opioid addiction treatment.

### Inpatient or Outpatient Treatment Programs

Both inpatient and **outpatient treatment** programs offer support and therapy to individuals experiencing an opioid comedown. These programs provide education, counseling, and peer support to address the physical and psychological aspects of withdrawal.

### Partial Hospitalization

**Partial Hospitalization Programs (PHP)** and **Intensive Outpatient Programs (IOP)** are often recommended for individuals with more severe withdrawal symptoms. These programs offer a higher level of care and support.

### Holistic Approaches

Holistic approaches such as:

- yoga
- meditation
- acupuncture
- massage therapy
- nutrition therapy
- exercise

A holistic approach can help manage withdrawal symptoms and promote overall well-being during recovery.

### Support Groups

Support groups, such as Narcotics Anonymous (NA), provide individuals with a community of peers who have experienced similar challenges. These groups offer emotional support and a platform to share experiences and coping strategies.

### Individualized Treatment Plans

Individualized treatment plans are tailored to an individual's specific needs and circumstances. This approach ensures that treatment addresses the unique challenges of their opioid comedown and recovery journey.

## FAQs About Opioid Comedown

### How long does an opioid comedown typically last?

The duration of an opioid comedown varies from person to person and depends on factors such as the type and dose of opioids used. It can last anywhere from a few days to a couple of weeks.

### What can I do to manage the symptoms of an opioid comedown at home?

Staying hydrated, getting adequate rest, and engaging in relaxation techniques such as deep breathing exercises can help alleviate some of the discomfort. However, seeking professional medical assistance is often the safest and most effective way to manage withdrawal symptoms.

### Are over-the-counter medications useful for managing opioid withdrawal symptoms?

Over-the-counter medications can provide some relief from specific symptoms, such as diarrhea or headache, but they are not a comprehensive solution. It's essential to consult a healthcare provider for a more appropriate and effective treatment plan.

### Is it possible to quit opioids without experiencing withdrawal symptoms?

Unfortunately, opioid withdrawal is an inherent part of the recovery process. However, medical professionals can help manage and minimize these symptoms, making the journey to recovery more manageable.

### Can I manage an opioid comedown without professional help?

While some individuals may attempt to manage withdrawal symptoms independently, professional help is strongly recommended. The physical and psychological challenges of an opioid comedown can be overwhelming, and seeking the support of medical and addiction treatment professionals is often essential for a successful recovery.

Seeking help is a crucial step towards breaking free from opioid addiction and achieving long-term recovery. So don't hesitate to reach out for assistance in managing an opioid comedown and starting your journey towards a healthier, drug-free life.

## Contact Evolve Indy Today

The opioid comedown is a challenging phase in the journey to recovery, but it's a pivotal step toward regaining control of one's life. If you or a loved one is struggling with opioid addiction and facing the daunting symptoms of withdrawal, it's essential to seek professional help and guidance.

**Reach out to Evolve Indy today** can be the first significant step toward healing and regaining a life free from the grip of opioids. Our **experienced team of professionals** is dedicated to providing the care and support required to overcome addiction and its associated challenges.

Don't wait; take that crucial step towards a brighter and substance-free future by contacting Evolve Indy today. Your journey to recovery begins here.

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