SAN DIEGO, CA

THE FIRST 72 HOURS OF DETOX

SAN DIEGO DETOX RESIDENTIAL

What Really Happens in Medical Detox →

YOUR FIRST STEP TOWARD HEALING

You've made one of the hardest and most important decisions — to start your recovery. The first three days of detox are when your body begins to heal, your mind starts to clear, and your strength slowly returns. It's also when the right medical care matters most.

MEDICAL CONSULTATION AND DETOX PLANNING

As soon as you arrive, you'll sit down with our medical team for an intake consultation.

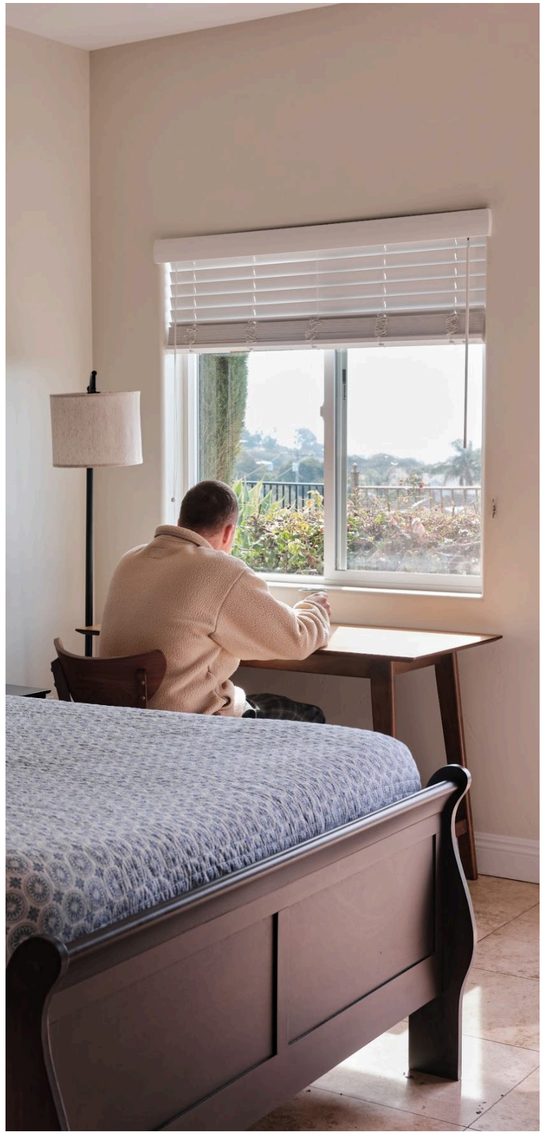
- **We review your medical history, substance use, and current symptoms.**
- **Together, we create a custom detox plan that outlines your medications, level of monitoring, and comfort needs.**
- **You'll understand exactly what to expect and how we'll help you through it.**

This early planning builds trust and helps you feel grounded. You know your care is guided by experienced professionals who are with you every step of the way.

HOW SAN DIEGO DETOX MAKES THE FIRST 72 HOURS SAFER

- Immediate consultation with medical staff when you arrive.
- 24/7 on-site physician and nursing care to monitor every stage of withdrawal.
- Tailored medication protocols to reduce cravings and help manage symptoms.
- Ongoing adjustments for comfort and safety as your body adapts.
- Evidence-based MAT (Medication-Assisted Treatment) when appropriate, using proven medications to support recovery.
- Private, comfortable environment with luxury suites, chef-prepared meals, and a caring staff who respect your privacy.

Every detail of the San Diego Detox experience is designed to protect your health and give you peace of mind.



WHAT TO EXPECT DURING THE FIRST 72 HOURS

0–24 Hours: Arrival and Stabilization

You'll settle into your private suite and meet your care team. Medications are started as needed to prevent withdrawal complications. Our nurses check on you regularly, monitor your vitals, and help you get rest.

24–48 Hours: Peak Withdrawal

This is when symptoms are often strongest. Our medical team stays close, adjusting your medications and treatment plan to keep you safe and comfortable. You'll receive nutritious meals, hydration support, and gentle activities to help you relax.

48–72 Hours: Stabilization and Next Steps

As your body begins to stabilize, symptoms start to ease. We introduce light wellness activities and, when appropriate, begin preparing you for the next level of care. You'll talk with your team about ongoing treatment options, which may include residential care or outpatient support through San Diego Detox's network of partners.

THE SAN DIEGO DETOX DIFFERENCE

At San Diego Detox, medical safety and personal comfort come together to create the best possible start to recovery. Our licensed facility combines advanced care, proven detox methods, and a peaceful environment that supports healing of both body and mind.

Each patient receives dedicated attention from our physicians, nurses, and support staff — professionals who understand that recovery is as much about compassion as it is about clinical care.

We are licensed by the California Department of Health Care Services and follow the highest standards for medical oversight and patient safety.

Here, recovery begins in a place that values your comfort, privacy, and dignity as much as your health.

SAN DIEGO
DETOX RESIDENTIAL

TAKE THE FIRST STEP TODAY

The first 72 hours can change everything. If you or someone you love is ready to begin, contact San Diego Detox today.

WANT TO TALK TO A SPECIALIST?

CALL 866-352-3611

OR VISIT SANDIEGODETOX.COM