



HUDSON VALLEY DENTAL
TMD & Facial Aesthetics
Pre-Operative Medication Instructions for Dental Sedation

Patient Name:

Date of Procedure:

Provider Name: Dr. Leon D James DDS, MBA, MS

Office: Hudson Valley Dental TMD & Facial Aesthetics

Location: 29 Fox Street Suite 100 Poughkeepsie New York 12601

Phone: 845-836-3303

1. General Pre-Sedation Guidelines

✓ Fasting Requirement:

- **Oral Sedation** (e.g., pills): No food for **6 hours**, clear liquids allowed up to **2 hours** before.
- **IV Sedation/General Anesthesia:** No food or drink for **8 hours** before your appointment.
- **Exceptions:** If diabetic, follow your provider's instructions regarding medications and light meals.

✓ Medication Adjustments:

- Take **essential daily medications** with **small sips of water**, unless instructed otherwise.
- Avoid **blood-thinning medications** (aspirin, ibuprofen, anticoagulants) **24-48 hours** before, unless advised differently.
- **Sedation medications** (if prescribed) should be taken **exactly as directed** before arrival.

✓ Alcohol & Drug Restrictions:

- Avoid alcohol and recreational drugs **for at least 24 hours** before the procedure.
- Inform the dentist if you use **prescription anxiety or pain medications** to prevent interactions.

2. Day-of Procedure Instructions

✓ **Clothing:** Wear **comfortable, loose-fitting clothes** with short sleeves for IV access (if applicable).

✓ **Escort Requirement:** A **responsible adult** must accompany you **to and from the appointment** (no driving for 24 hours after sedation).

✓ **Oral Hygiene:** Brush teeth **without swallowing toothpaste or water**.

✓ **Jewelry & Contacts:** Remove **rings, earrings, and contact lenses** before arriving.

3. Post-Sedation Planning

✦ **Recovery Time:** Allow **24 hours** for the sedation effects to wear off.

✦ **Hydration & Soft Diet:** Stick to **water and soft foods** to ease digestion post-procedure.

✦ **Activity Restrictions:** Avoid **driving, operating machinery, or making important decisions** until sedation fully wears off.

4. Emergency Contact Information

For any concerns regarding sedation effects, contact:

☎ **Clinic Phone Number:** 845-836-3303

🚑 **Emergency Care:** Vasar Hospital (845) 454-8500

Patient Acknowledgment: By signing below, I confirm that I have reviewed and understood the pre-operative sedation instructions.

Patient Signature: _____

Provider Signature: Dr. Leon D James DDS, MBA,MS

Date Signed: