



INTERIM STABILIZATION THERAPY

What is Interim Stabilization Therapy?

Interim Stabilization Therapy (IST) is a **temporary filling** used to protect a tooth from further damage until it can be treated by a dentist. It uses a fluoride-releasing material that helps strengthen and remineralize the affected area.

Benefits of IST Application:

- Helps stop tooth decay from progressing further and preserves healthy tooth structure.
- Helps free client of pain.
- Simple, quick, painless and does not require dental freezing.



Photo Courtesy of: <https://neworleanschildrensdental.com/silver-diamine-fluoride-a-non-invasive-approach-to-dentistry/>

IST is a Consideration When:

- Access to a permanent restoration is not immediate or practical.
- There is a reasonable risk of further damage to the tooth structure.
- The pulp (nerve) is not exposed.
- There is no known allergies or medical concerns related to the materials used in the temporary filling.
- The client has not received any medical/dental advice that would contraindicate placing a temporary filling.

After IST Placement:

- Avoid eating or applying pressure on the filling for 1 hour.
- For the next 48 hours, avoid hard or crunchy foods while the material fully hardens.
- IST is a **temporary** solution and includes a referral to a dentist for further treatment.

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