

# Interim Stabilization Therapy (IST)



Interim Stabilization Therapy (IST) is a temporary procedure and important intervention that is used to relieve pain and reduce the risk of further tooth damage until a client is able to see a dentist. IST requires no anesthetic (freezing) and uses a fluoride-releasing material which helps strengthen (remineralize) the cavity.

IST can be important to those who do not have regular access to oral health care services as it provides immediate care to reduce further damage and prevent additional health problems.

## IST IS A CONSIDERATION WHEN

- there is discomfort, a history of pain and/or experiencing difficulty eating
- discomfort is due to a recent trauma, fracture, lost filling or cavity
- access to a permanent filling is not immediate

## THE IST PROCEDURE

In IST, the affected tooth is prepared by a dental hygienist, removing any plaque and food particles. The IST material is placed in accordance to the manufacturer's instructions. IST should not be performed on teeth with abscesses or infection, including any swelling or bump on the gum.

## ADVANTAGES

- Control of decay in teeth.
- Preserves healthy tooth structure.
- IST can be performed in any setting.
- Requires no anesthesia (freezing).
- Can be used for patients of all ages.

IST is temporary and includes a referral for further treatment. Consult with your registered dental hygienist for information and care instructions.

*As professional health-care providers, dental hygienists are primarily concerned with promoting good oral health. Dental hygiene is among the largest of the regulated health-care professions in the province. In Ontario all dental hygienists are registered with the College of Dental Hygienists of Ontario, which regulates the profession to ensure the public receives safe and ongoing comprehensive oral care.*

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