



Caries Stabilization Using Interim Therapeutic Restorations (ITR)

What is an ITR?

An Interim Therapeutic Restoration (ITR) is a restoration placed on teeth to prevent the progression of caries.

What is the goal of caries stabilization?

To provide treatment without local anesthetic using fluoride-releasing glass ionomer on teeth diagnosed with neither necrotic nor irreversible pulpitis. This procedure can be done by general dentists and their staff, often avoiding dental treatment under general anesthesia.

Indications for ITR

Interim Therapeutic Restorations are indicated for infants, children, adolescents and children with special health care needs when conventional restorative care is not available or needs to be deferred.

Facts about ITR



1. The use of ITR has been shown to reduce the levels of cariogenic oral bacteria.
2. Follow-up care including oral hygiene instructions and the use of fluoride varnishes and fluoride toothpaste may improve the treatment outcome.
3. The American Academy of Pediatric Dentistry recognizes ITR as a “beneficial provisional technique” in pediatric dental restorations.

Reference: AAPD “Policy on Interim Therapeutic Restorations”



Interim Therapeutic Restorations (ITR) are endorsed by the American Academy of Pediatric Dentistry (AAPD) and the IHS Division of Oral Health for the purpose of caries stabilization.

Interim Therapeutic Restoration (ITR) Technique

1. Examine child using the knee-to-knee technique and determine the diagnosis of the tooth to be treated.
2. Explain ITR to the guardian, including the benefits and limitations.
3. Tray Set-Up:
 - ◆ Small spoon excavator
 - ◆ Conditioner
 - ◆ Micro applicator brush
 - ◆ Cotton 2X2 or rolls (half size)
 - ◆ Auto cure glass ionomer
 - ◆ Fluoride varnish
4. Excavate margins of cavitated lesion.
5. Isolate with cotton.
6. Apply cavity conditioner for 15 seconds. Remove with cotton 2X2.
7. Apply glass ionomer.
8. Apply fluoride varnish.
9. Provide Parent Education
 - ◆ Reiterate that you have placed a medicative temporary filling that might last the life of the primary tooth.
 - ◆ Stress the importance of recharging the restoration twice daily with fluoride toothpaste and regular fluoride varnish applications.
 - ◆ Encourage follow-up visits as appropriate.



What is the IHS ECC Initiative?

The Indian Health Service (IHS) Early Childhood Caries (ECC) Initiative is a multi-faceted program designed to enhance knowledge about early childhood caries prevention and early intervention among not only dental providers, but also healthcare providers, community partners, and AI/AN families. To learn more about ITRs, take the Caries Stabilization online course which is located on the IHS Dental Portal (<http://www.doh.ihs.gov>) under the CDE tab. You must log in to access the course.

How do I code an ITR?

Use Code D2940 to code an interim therapeutic restoration (ITR). If the decay is only in enamel, code it as a sealant—1351.

Together, we CAN make a difference!

