Bone and Joint Infections

Treatment Plan

Your child has:

- **Osteomyelitis**: (Pronounced *os-tee-o-mi-li-tis*) This is an infection of the bone. It is most often caused by Staphylococcus bacteria.
  The first line of treatment for this is a course of antibiotics lasting for 4 to 6 weeks. IV and oral antibiotics are used to treat this infection – usually IV antibiotics (by vein) first and then oral (by mouth). Sometimes IV antibiotics are used the whole time. Treatment continues until your child responds with decreased fever, decreased pain and swelling, and normal lab tests.

- **Septic arthritis**: This is an infection of the joint. It may be caused by Staphylococcus bacteria or by other bacteria.
  The first line of treatment is a course of antibiotics lasting for 3 to 4 weeks. IV and oral antibiotics are used to treat this infection – usually IV antibiotics first and then oral. Sometimes IV antibiotics are used the whole time. Treatment continues until your child responds with decreased fever, decreased pain and swelling, and normal lab tests.
  Please follow these steps to get your child well. Sometimes antibiotics are not enough. Surgery to clean out the infected bone is required in up to half of children with osteomyelitis, and all children with septic arthritis require drainage of the infected joint.

Schedule clinic appointments

To treat this infection properly, your child will need to see 2 different types of specialists here at Children’s – an Orthopedic doctor and an Infectious Disease doctor.

- Call the Orthopedic Clinic at 206-987-2109 to set up or change an appointment. The first visit will be within 1 week after you leave the hospital. Set up each of the following appointments before you leave your clinic visits. We make 1 appointment at a time.

- Call the Infectious Disease Clinic at 206-987-2613 to schedule your appointment. The first appointment with them will be the week after your first Orthopedic Clinic visit. Further appointments with the Infectious Disease Clinic should be set every other week from your Orthopedic visits. We set 1 appointment at a time and are open on Wednesdays.
Give medicines

Both of these infections are serious and are treated with antibiotics and often surgery. It is very important to give the antibiotics as directed. This includes giving all of the doses on time and not missing any doses. IV antibiotics usually need to be kept in the refrigerator.

Here is the antibiotic your child is getting and how often:

- For cefazolin (Ancef, IV): give every 8 hours around the clock
- For cephalexin (Keflex, oral): give every 6 hours around the clock
- For vancomycin (IV): give every 8 or 12 hours around the clock
- For clindamycin (IV or oral): give every 8 hours around the clock
- Other:

Give the antibiotic as directed above around the clock. You may need to wake your child in the middle of the night to give a dose on time.

Please bring your medicine bottles to your appointments so we can count them and make sure there are enough.

Side effects of these medicines

These medicines may have side effects like vomiting, diarrhea, stomach pain, rashes or thrush (yeast in the mouth).

The antibiotics may also cause blood cell count tests to become abnormal. You should report any symptoms to the Infectious Disease Fellow (doctor) at 206-987-2000. Some doctors will suggest adding probiotics or yogurt to your child’s diet to help keep intestinal bacteria in balance and prevent intestinal problems and more infection.

Get lab tests

Each week your child will have these laboratory tests:

- Blood count (CBC) for medicine side effects
- C-reactive protein (crp) and Erthrocyte Sedimentation Rate (ESR) for response to treatment

Be sure your child gets all ordered lab tests. If you want to know the lab results, call the Infectious Disease doctor or clinic as recommended.
Watch for these warning signs to call the doctor

Call if your child has:
- A fever over 101°F
- Increased redness or swelling
- Increased pain
- Drainage from the site

During the week:
Call the Orthopedic nurse at 206-987-4179
After 5 p.m. Monday through Friday, or on weekends:
Call the Orthopedic Resident on-call at 206-987-2000

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Orthopedics Clinic</td>
<td>206-987-2109</td>
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<tr>
<td>To schedule Orthopedic appointments</td>
<td>206-987-2109</td>
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<tr>
<td>To schedule Infectious Disease appointments</td>
<td>206-987-2613</td>
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<tr>
<td>To speak with an Infectious Disease doctor about antibiotic refills or side effects</td>
<td>206-987-2000</td>
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<tr>
<td>To speak with an Orthopedic nurse during the weekdays</td>
<td>206-987-4179</td>
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<tr>
<td>To speak to an Orthopedic resident after 5 p.m. on weekdays, or on weekends</td>
<td>206-987-2000</td>
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<tr>
<td>To fax lab results from an outside lab</td>
<td>206-987-3890</td>
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<tr>
<td>For problems with PICC line, call Children’s Home Care Services</td>
<td>425-482-4000</td>
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To Learn More
- Orthopedics Clinic
  206-987-2109
- Ask your child’s healthcare provider
- www.seattlechildrens.org

Free Interpreter Services
- In the hospital, ask your child’s nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.