

# 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 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 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.
- **Septic arthritis:** This is an infection of the joint. It may be caused by Staphylococcus bacteria or by other bacteria.  
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.

## 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. 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

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- 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:
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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.

### **Get lab tests**

Each week your child will have these laboratory tests:

- Blood count (CBC) for medicine side effects
- C-reactive protein (crp) and Erythrocyte 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

Call the Orthopedic nurse during the week at 206-987-4179. Call the Orthopedic Resident on-call at 206-987-2000 after 5 p.m. Monday through Friday or on weekends.

- Orthopedics Clinic 206-987-2109
- To schedule Orthopedic appointments 206-987-2109
- To schedule Infectious Disease appointments 206-987-2613

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### To Learn More

- Orthopedics Clinic  
206-987-2109
- Ask your child's nurse  
or doctor
- [www.seattlechildrens.org](http://www.seattlechildrens.org)

- To speak with an Infectious Disease doctor about antibiotic refills or side effects 206-987-2000
- To speak with an Orthopedic nurse during the weekdays 206-987-4179
- To speak to an Orthopedic resident after 5 p.m. on weekdays or on weekends 206-987-2000
- To fax lab results from an outside lab 206-987-3890
- For problems with PICC line, call Children's Home Care Services 425-482-4000

### 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.
- For Deaf and hard of hearing callers 206-987-2280 (TTY)

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Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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