

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 four to six 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 three to four 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 two 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 one week after you leave the hospital. Set up each of the following appointments before you leave your clinic visits. We make one 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 one 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.

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Give medicines, continued

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 awaken 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 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 pm 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
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 5pm 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

Children's will make this information available in alternate formats upon request. Please call the Family Resource Center at (206) 987-2201. This handout has been reviewed by clinical staff at Children's Hospital. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's health-care provider.