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 3-4 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 will need to have the infected joint drained.

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. Ideally, your child will be seen either in clinic or by Telemedicine once a week for follow up. Weekly clinics follow up visits will be alternated between the Orthopedic and Infectious Disease clinics.

- Call the **Orthopedic Clinic** at 206-987-2109 to set up or change an appointment. The first visit will be 1-2 weeks week after you leave the hospital. For in-person visits, set the following appointments before you leave the clinic. We make one appointment at a time.

- Call the **Infectious Disease Clinic** at 206-987-2073, option 1 to schedule your appointment. The first appointment will be 1-2 weeks after hospital discharge. Further appointments with the Infectious Disease clinic will be every other week, alternating with your Orthopedic Clinic visits. If you are seen in the clinic, the next appointment can be made as you leave the clinic. If the visit is done by Telemedicine, a scheduler will contact you to set up the appointment.

To Learn More

- Orthopedics 206-987-2109
- Ask your child’s healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your 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.
**Give medicines**

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, at the directed interval and not missing any doses.

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

- **Cefazolin (Ancef, IV):** give every 8 hours around the clock
- **Cephalexin (Keflex, oral):** give every 6 hours or every 8 hours around the clock depending on the type of infection and your child’s weight. For this medicine to work best, it is important that your child take the medicine as prescribed.
- **Vancomycin (IV):** give every 8 or 12 hours around the clock
- **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.

**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 nurse line at 206-987-2073, option 2. 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), ALT and creatinine for medicine side effects
- C-reactive protein (CRP) for response to treatment

Be sure your child gets all ordered lab tests. We will call you with results, however if you do not hear from us, please call the Infectious Disease nurse line to review results at (206) 987-2073, option 2.

**Watch for these warning signs to call the doctor**

Call if your child has:

- A fever over 101°F (38.3°C)
- 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
## Important phone numbers

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orthopedics Clinic</td>
<td>206-987-2109</td>
</tr>
<tr>
<td>To schedule Orthopedic appointments</td>
<td>206-987-2109</td>
</tr>
<tr>
<td>To schedule Infectious Disease appointments</td>
<td>206-987-2073, option 1</td>
</tr>
<tr>
<td>To speak with an Infectious Disease nurse during weekdays about antibiotic refills or medication side effects</td>
<td>206-987-2073, option 2</td>
</tr>
<tr>
<td>To speak with an Orthopedic nurse during the weekdays</td>
<td>206-987-4179</td>
</tr>
<tr>
<td>To speak to an Orthopedic resident after 5 p.m. on weekdays, or on weekends</td>
<td>206-987-2000</td>
</tr>
<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 or IV administration equipment, call your child’s Home Care Service provider at the number they provided.</td>
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</tbody>
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