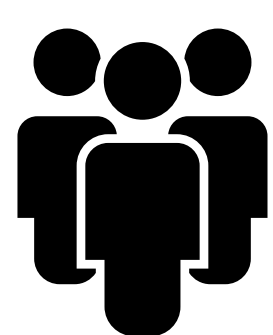


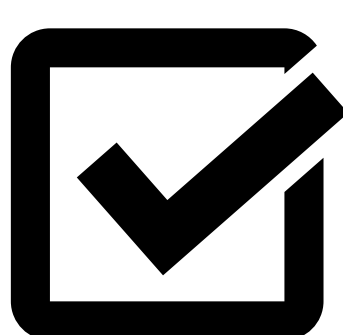
INTRODUCTION

Osteoarticular infections represent a major therapeutic challenge and are associated with high morbidity, multiple surgical interventions, prolonged antibiotic therapy, and functional impairment. They may trigger a systemic inflammatory response and a hypercatabolic state, leading to reduced appetite, increased muscle proteolysis, loss of lean body mass, and weight loss. Following surgical control of the infection, a reduction in the inflammatory and hypercatabolic state is expected, with subsequent metabolic, functional, and nutritional recovery. In this context, weight recovery may represent a simple and objective marker of systemic recovery, although its prognostic potential remains largely unexplored.

METHODOLOGY



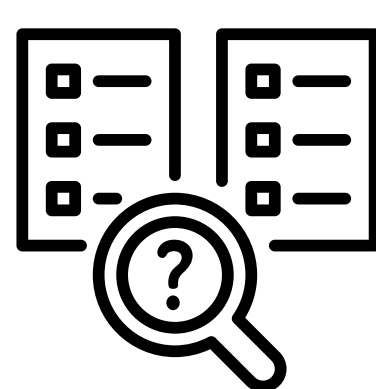
Retrospective observational cohort study including adult patients who underwent surgical treatment for orthopedic infections between August 2024 and December 2025 at Akhos Clinic, Brasília, Federal District, Brazil.



Patients considered cured after a minimum follow-up of six months were included, with infection resolution established based on clinical, laboratory, and imaging criteria.

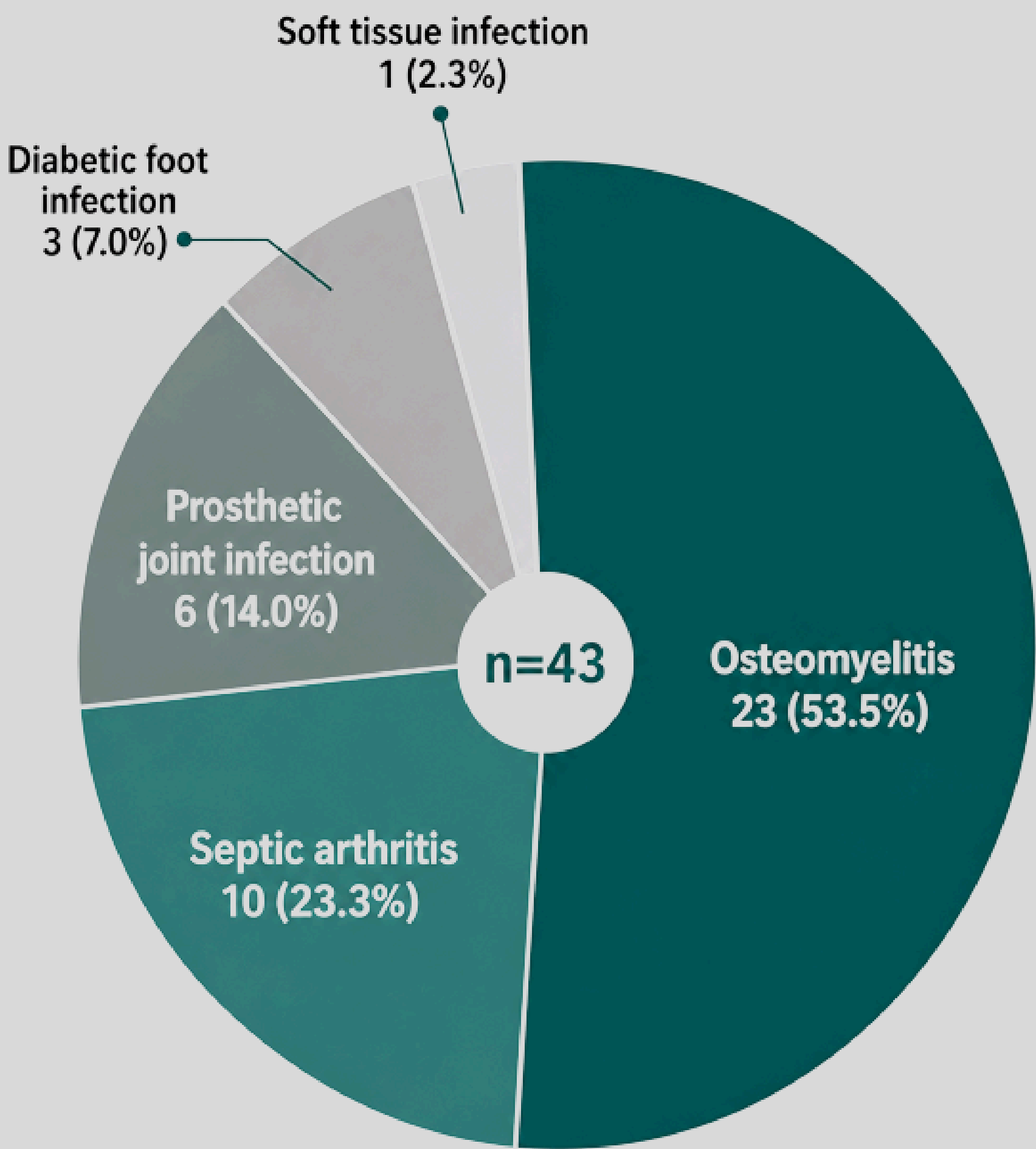


Preoperative body weight was self-reported during a nutritional consultation and compared with self-reported weight after infection resolution. Weight change was classified as weight gain, weight maintenance, or weight loss.

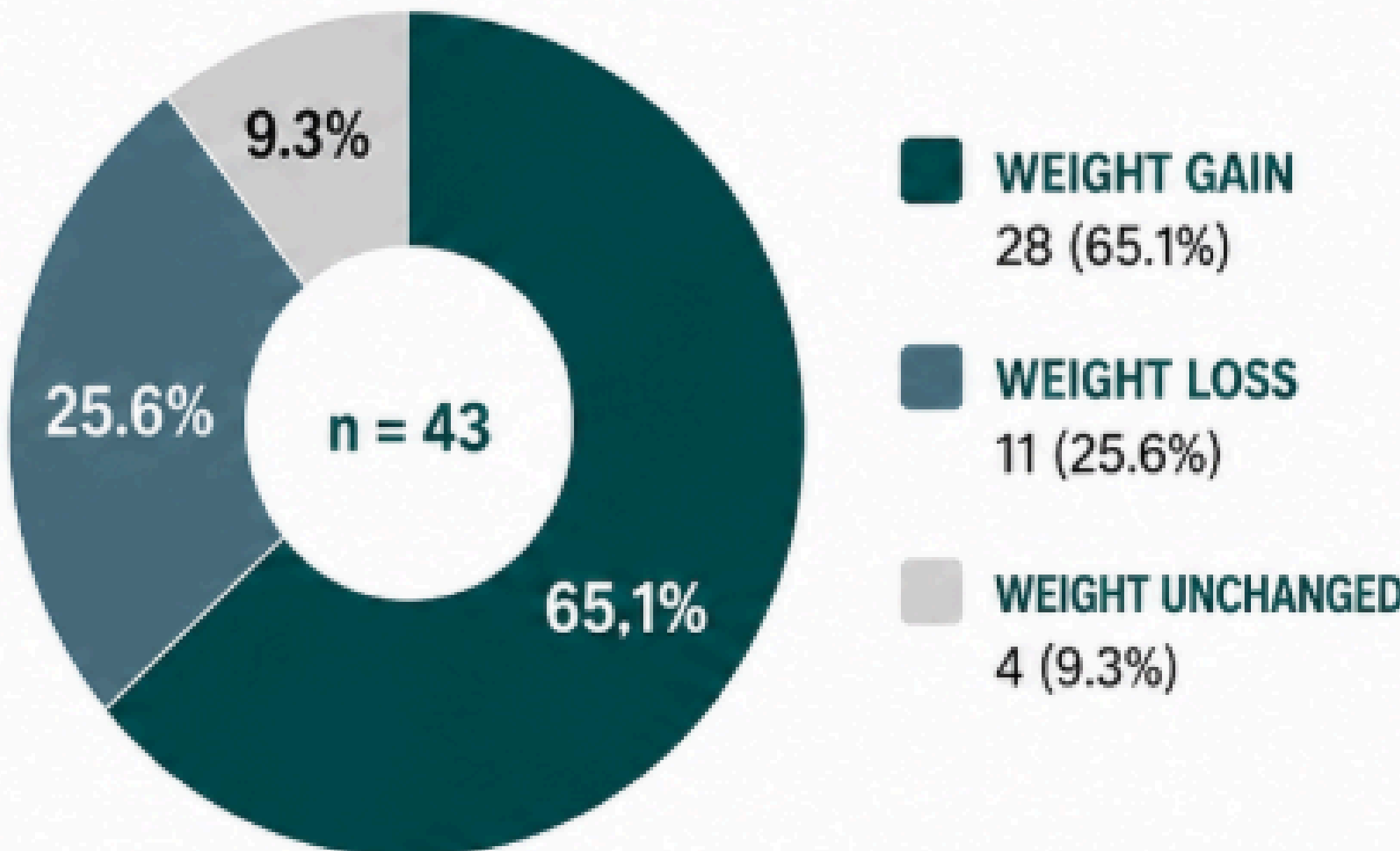


Pre- and post-treatment body weights were compared using a paired t-test, with a significance level of 5% ($p < 0.05$).

RESULT

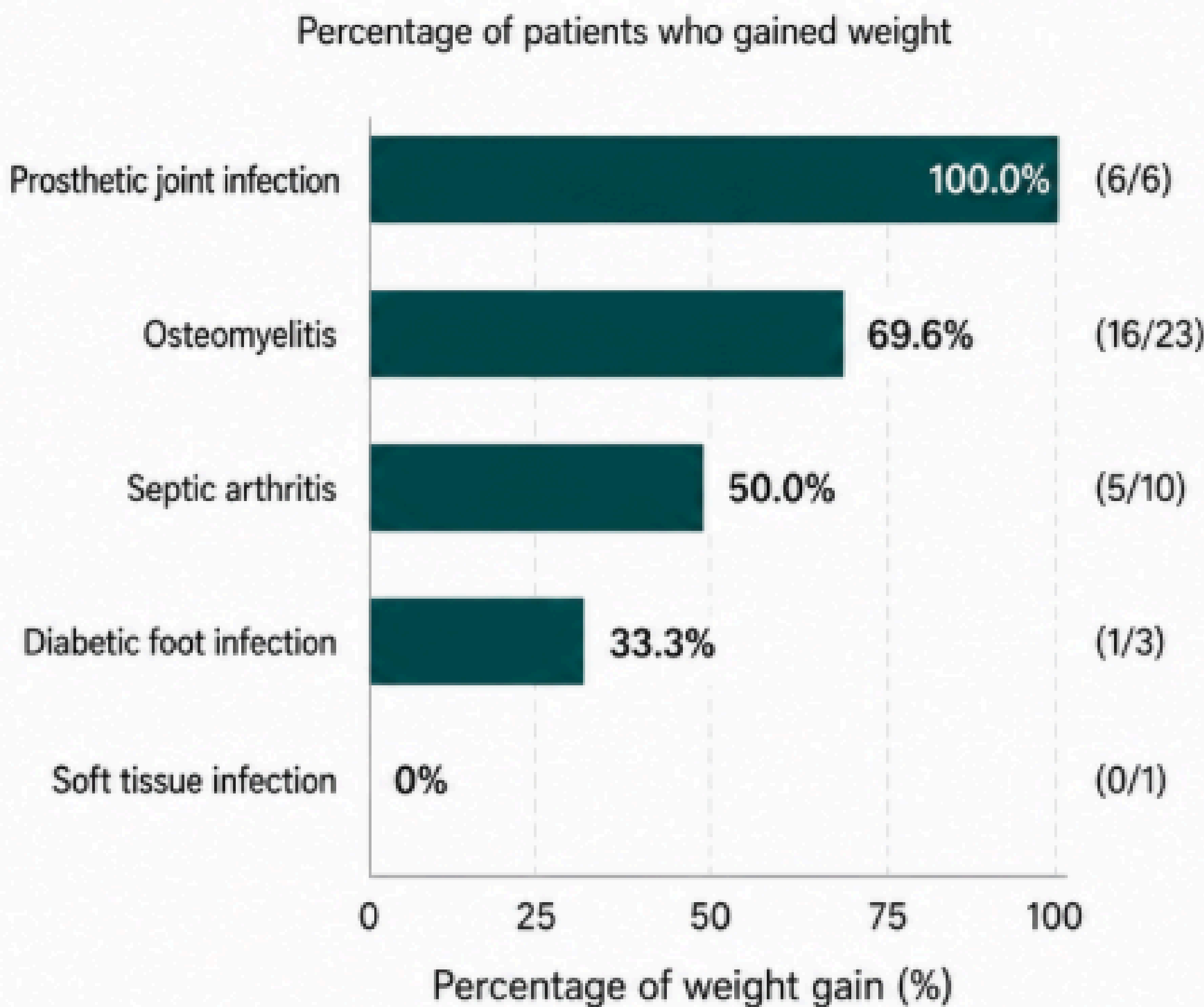


WEIGHT EVOLUTION AFTER INFECTION RESOLUTION (n = 43)



Weight gain occurred in **65.1%** of patients after surgical treatment and infection resolution.

WEIGHT GAIN ACCORDING TO DIAGNOSIS



The majority of patients (**65.1%**) presented weight gain after surgical treatment and infection resolution, with a **significant increase** in body weight (**82.77 ± 19.46 kg vs. 85.01 ± 17.06 kg; $p = 0.021$**), suggesting that weight recovery may be a **simple and complementary clinical marker** of systemic recovery.

CONCLUSION

Weight recovery was frequent after orthopedic infection resolution and was associated with a significant increase in body weight, suggesting its potential as a simple and complementary clinical marker of systemic recovery. Prospective studies are needed to determine its prognostic value.