

## Ice Bag

### Patient Instructions

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- 3 Cups of water
- 1 Cup of rubbing alcohol
- 1 Ziplock plastic bag

Mix together in a Ziplock bag. Place in the freezer until the mixture turns to slush. Place a towel next to the skin before applying the ice bag.

**ANN ARBOR NEUROSCIENCE** cares for brain and head problems with its team of neurosurgeons.

**ANN ARBOR SPINE CENTER** takes a multidisciplinary team approach to back and neck problems to emphasize nonsurgical treatment options before exploring spine surgery.

#### SPINE & NEURO-SURGEONS

**JASON A. BRODKEY, M.D.**  
Board-Certified Neurosurgeon  
Board-Certified in Pain Medicine  
Fellowship-Trained in Spine

**MARK H. FALAHEE, M.D.**  
Board-Certified Orthopedic Surgeon  
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**DOUGLAS F. GEIGER, M.D.**  
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**ELISA J. KUCIA, M.D.**  
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#### CLINICAL TEAM:

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#### REFERRALS & APPOINTMENTS:

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On-line educational encyclopedia  
with home remedies, symptom charts and  
video animations about spine at:  
[www.AnnArborSpineCenter.com](http://www.AnnArborSpineCenter.com)