

# ROCHESTER REGIONAL HEALTH

Date: \_\_\_\_\_

Patient Name: \_\_\_\_\_

The elf above was seen by our provider today, and determined to have a mild case of Aurora Aches, caused by staring too long at magical northern lights.

This condition can cause dizziness, lingering glimmers or halos in vision that look like twinkling stars, and the inability to sleep (sometimes referred to as “Elf-somnia”).

This elf must stay still and rest for 2-3 full days. This means no moving, no candy, and no mischief of any kind. A quick sprinkle of glitter (real or imaginary) can also help speed up the healing process.

At the end of the elf’s recovery period, they will be free to continue their normal routine and move about as needed.

Best wishes for a speedy elf recovery!

*Mary Starlight*

**Mary Starlight, PA-C**  
Rochester Regional Health