

# ROCHESTER REGIONAL HEALTH

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

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

The elf above was seen by our provider today, and determined to have a mild case of Glitter Lung, caused by the accidental inhalation of enchanted snowflakes.

This condition can cause a persistent sparkling cough, light chest tingling (often described as “a twinkle in the chest”), and mild voice alteration, with some patients noticing a chime-like tone in their voices when speaking.

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