

jingle ^{all} the way

Dr. Ghaderi provides the best over all care to all of his patients. That being said, the office will be open for a short time on Christmas Eve. Last year, Monica and Gabrielle took advantage of their shortened Christmas Eve hours to have some fun in festive holiday attire.



A New Year's Wish

May your coming year be filled with magic and dreams and good madness. I hope you read some fine books and kiss someone who thinks you're wonderful, and don't forget to make some art—write or draw or build or sing or live as only you can. And I hope, somewhere in the next year, you surprise yourself. -Neil Gaiman

Dr. Ghaderi and Staff wish you a very Happy New Year!

Physicians' choice for a natural look
ST. CHARLES
plasticsurgery
2900 Foxfield Road, Suite 201
St. Charles IL 60174

Talking Shape

volume 11, issue 3

Winter 2014

Doc Talk:

by Bahram Ghaderi, MD, FACS



They say a picture is worth a thousand words. I hope these pictures help tell the story of this past year better than I can with words. From the enduring and loving memory of my parents, to the ice bucket challenge; it has been a year like none other. I feel blessed to have so many special people around me and watching over me. Happy Holidays and Best Wishes for 2015!





24 Hour Breast Augmentation

Breast enhancement surgeries are very popular in the US. According to the American Society for Aesthetic Plastic Surgery, 313,327 breast augmentations and 137,233 breast lifts were performed in 2013. The surgeries typically have short recovery time but there is always a push for less invasive procedures with no recovery time.

Good examples are all the non-invasive procedures available for facial rejuvenation such as Botox and tissue fillers which have grown in popularity compared to surgical facelifts. Now there is a report that saline solution has been used to inject the breast for a very temporary enlargement. Saline is commonly used in IV solution for hydration and during liposuction often mixed with other medications to reduce bruising. The salt-water solution is reabsorbed into the blood stream within about 24hrs. In theory there is very little harm in having saline injections.

However, there can be bruising and possible hematoma with the injection which can cause scarring in the breast that can distort mammograms. Also, the bruising may take away the exact benefit of the procedure which is temporary improvement to allow for more options for clothing such as a bikini or low-cut top dress. There can be some benefit for those patients who are unsure whether or not they would like to undergo breast implant surgery. This will give them an idea of what it's like to have a larger breast size. However, saline solution feels different than an implant and will appear different than an implant.

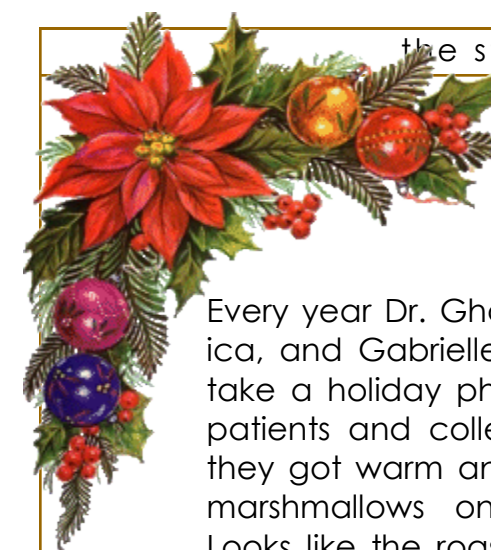
The idea is a good one but the outcomes are very fresh and too few in number to make a final judgment on its success. As the solutions are modified and results become longer lasting, breast enlargement by injection will definitely become more popular. For now, further detailed studies are needed to determine its effectiveness and risks. As always, please call 630-762-9697 or email at drghaderi@stcharlesplasticsurgery.com with your questions.

The Elf on Shelf takes on St. Charles Plastic Surgery

Our office had a little visitor who was up to no good! Seems like Elf on Shelf saw our article about him in last year's newsletter and wanted to make an appearance this year. It was all in good fun!



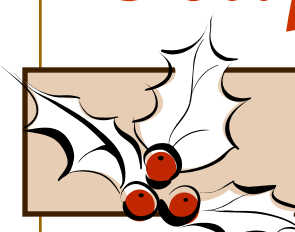
From all of us at St. Charles Plastic Surgery..



Every year Dr. Ghaderi, Dale, Monica, and Gabrielle get together to take a holiday photo for all of our patients and colleagues. This year they got warm and toasty roasting marshmallows on an open fire. Looks like the roasting went wrong and started a flame for Gabrielle! Typical Doc, checking messages on his phone while Dale and Monica laugh at the sweet treat on fire. This is just one of the outtakes from a fun photo shoot.



Happy Holidays



How to Survive the Holidays

It's that time of year again when there seems to be a holiday party every weekend. You get together and celebrate the season with good food, friends and family, and holiday music playing in the background. It may seem overwhelming at times to hop from party to party, but don't worry St. Charles Plastic Surgery found some tips online on how to survive these festive events. Take a look below!

- **Avoid carrot and celery sticks.** In fact, if you see carrots or celery at a party, leave immediately. Go next door, where they're certain to be serving rum balls.
- **Drink as much eggnog as you can as quickly as you can.** You can't find eggnog at any other time of year so drink up! Who cares that there are 8 bazillion calories in every sip? It's not as if you're going to turn into an eggnog-aholic or something because soon enough it won't be available until this time next year.
- **Never snack before going to a party!** The whole point of going to a Christmas party is to eat other people's food for free. Lots of it. It's a scientific fact that food tastes better when someone else has paid for it and cooked it, too.
- **Under no circumstances should you exercise between now and New Year's Day.** There's plenty of time for that in January when you have nothing better to do. This is the time for long restorative naps, which you'll need after circling the buffet table while carrying a 10-pound plate of food and that vat of eggnog.
- **If you come across something really good at a buffet table, like frosted Christmas cookies in the shape and size of Santa, position yourself near them and don't budge.** Have as many as you can before becoming the center of attention.
- **One last tip:** If you don't feel terrible when you leave the party or get up from the table, you haven't been paying attention. Now get back in there and party 'til you're green!