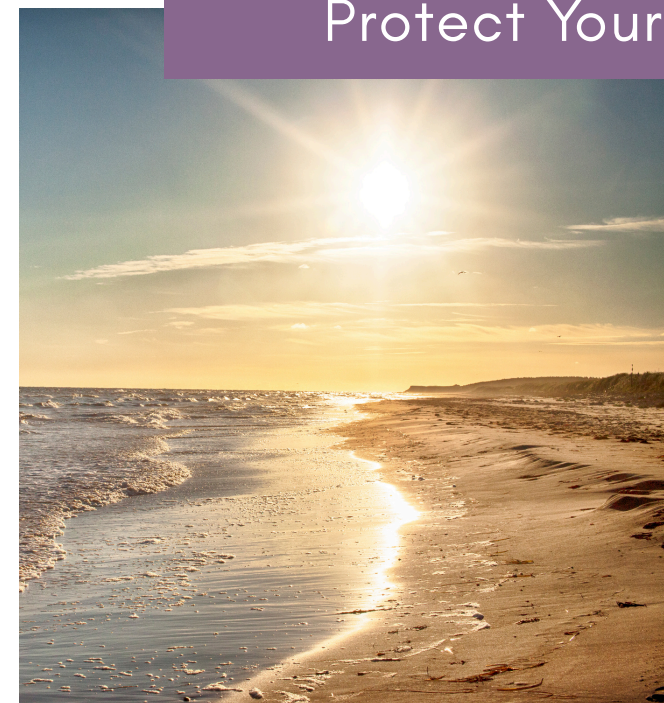


Protect Your Results This Summer



Healing scars are especially sensitive to the sun. UV exposure can cause scars to darken, making them more noticeable and potentially affecting how they mature over time.

Keep your incisions covered whenever possible. Once Dr. Ghaderi has cleared you to do so, apply a broad-spectrum sunscreen with SPF 30+ to help protect your healing skin.

A little extra sun protection now can make a lasting difference in how your scars heal for years to come.

Talking Shape

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Doc Talk:

By Bahram Ghaderi, MD, FACS

A Full-Circle Road Trip

Everyone says, "Time flies," but this summer I experienced just how true that cliché really is. About 35 years ago, I began my journey into medicine as a medical student at the University of Michigan. I drove my stick-shift Nissan Sentra from Los Angeles to Ann Arbor, and my dad joined me for the cross-country drive. It remains one of my favorite memories.

This summer brought a true full-circle moment. More than three decades later, I found myself in the passenger seat as my son drove from Chicago to Los Angeles to begin his summer engineering internship. This time, I was the dad along for the ride.

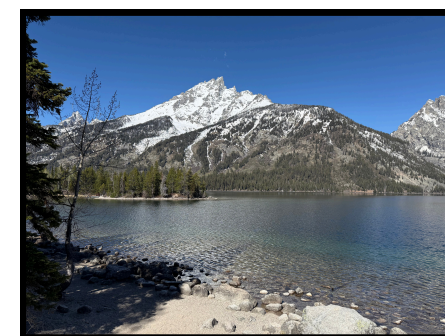
When he asked if I wanted to make the drive with him, I didn't hesitate. I have such fond memories of that trip with my own father, so being able to share a similar experience with my son felt incredibly special. Driving across the country is an American rite of passage, but getting to experience it with our roles reversed was a once-in-a-lifetime gift.

We left Chicago on a Sunday morning and arrived in Los Angeles by Friday evening. Taking the northern route wasn't the fastest way, but it was certainly one of the most beautiful. My son's goal was to visit several National Parks and spend two nights camping. Me... camping? In a tent? Anyone who knows me will understand why that announcement was met with laughter every time I said it.

What impressed me most was that he planned every detail. He mapped the route, organized the itinerary, reserved the campsites, packed the gear, and even planned our outdoor meals. Watching him confidently take the lead made me incredibly proud. We camped in Badlands National Park and Zion National Park and spent a day hiking through Grand Teton National Park. The beauty of these places is difficult to put into words.

The greatest part of the trip, though, wasn't the scenery. It was having uninterrupted time together. For days, we talked about everything like life, family, work, and the future. I also appreciated having his full attention for all the "dad advice" I couldn't resist sharing. We mostly listened to his playlist (which introduced me to a surprising variety of great music), worked our way through plenty of snacks (I highly recommend PopCorners), and watched the landscape transform from Midwestern plains to towering mountains and, finally, the California coast.

That uninterrupted time together made me realize how quickly life's odometer really turns. The cars, the roads, and technology have certainly changed. I'm still amazed that we managed that first trip using paper maps instead of GPS. But the magic of a father-son road trip hasn't changed at all.



I'm sure many of you have your own unforgettable road-trip memories. This was one of the best trips I've ever taken, and the memories are truly priceless. If you've had a memorable road trip of your own, I'd love to hear about it. Feel free to share your story with me at drghaderi@stcharlesplasticsurgery.com.





Clinical Corner

with Dr. Ghaderi

Online Research: We All Do It!

I recently developed some hip and lower back pain after helping our oldest move apartments. Like many people, my first instinct was to go online to see what might be causing it, what I could do to relieve it, and how to prevent it from happening again.

In other words, I did exactly what we often caution patients about. I Googled it.

Even with medical knowledge, it can be difficult to separate reliable information from misinformation. I can only imagine how confusing it would be if I were trying to decide whether to have a surgical procedure.

When you're considering cosmetic surgery, doing your own research is both natural and important. In fact, studies show that **nearly 95% of plastic surgery patients use the internet to gather information** before their first consultation, and that number continues to grow. Whether you're searching Google, watching YouTube videos, scrolling through Instagram, or reading online reviews, there is no shortage of information about procedures such as breast augmentation, body contouring, facelifts, and more.

Being an informed patient is a wonderful thing. We also want to help make sure the information you're relying on is accurate.

The reality is that not all online content is held to the same standard. Studies have found that **roughly one-third of plastic surgery websites contain incomplete or misleading information**, particularly when discussing surgical techniques, expected results, and potential risks. Social media can be even more challenging. Before-and-after photos may be influenced by lighting, angles, editing, or filters, and posts from nonmedical influencers often lack important context. There is also an increasing misuse of professional titles on social media, making it difficult to know whether someone has the training and credentials they claim.

That does not mean your online research is not valuable. Quite the opposite. The information you gather and the questions you bring to your consultation help make our conversation more productive and personalized. Think of your research as the starting point. **Think of us as your partner in interpreting what you have found and determining what applies to your unique goals.**

One simple tip: If you come across someone online using the title "plastic surgeon," "cosmetic surgeon," or simply "board certified," you can verify their credentials. A great resource is Certification Matters at certificationmatters.org.

The internet is an excellent place to begin your education, but it should never be the final word. Our goal is to provide you with accurate information, honest recommendations, and realistic expectations **so you can make confident decisions.**

MEET THE STAFF

Exceptional patient care is a team effort. While Dr. Ghaderi may be the face you know best, every member of our team is dedicated to making your experience as smooth, comfortable, and personalized as possible.

We invite you to get to know the friendly faces who help make St. Charles Plastic Surgery such a welcoming place.



DALE
PRACTICE MANAGER

Fun Fact: "I am a backyard homesteader raising 30 chickens, 6 ducks, 2 geese, and growing my own vegetable garden."



GABRIELLE
PATIENT COORDINATOR

Fun Fact: "I love to cook! Since I was little, I would watch the Food Network at my grandma's house, since she had the upgraded channel."



DIANA
PATIENT COORDINATOR

Fun Fact: "I went on a solo road trip to Texas for my 21st birthday."



ELLA
PATIENT COORDINATOR

Fun Fact: "I love natural history. I have a rock collection!"

WAIT... THAT HAS PROTEIN?

Current lifestyle trends have people tracking their protein intake more closely. Fortunately, that doesn't mean just eating more chicken or drinking more protein shakes.

These everyday foods are excellent sources of protein and can help you hit your daily goals without getting bored.

Cottage Cheese
(1 cup)
24-28g of protein



Edamame
(1/2 cup)
9g of protein



Pumpkin Seeds (pepitas)
(1/4 cup)
9g of protein



Lentils
(1 cup cooked)
18g of protein

