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French Toast Croissant Bake

Ingredients:

- 2 tablespoons unsalted butter
- 2/3 cup granulated sugar
- 1/2 teaspoon ground cinnamon
- 6 large eggs
- 1 1/2 cups half and half
- 1 teaspoon vanilla extract
- 1/4 teaspoon kosher salt
- 8 croissants halved lengthwise
- powdered sugar, syrup, and/or fresh berries

For additional info: [simplyrecipes.com/croissant-french-toast-bake-8761084](https://www.simplyrecipes.com/recipe/french-toast-croissant-bake-8761084)

Directions:

1. Preheat your oven to 375°F. Butter a 9x13 inch baking dish and set it aside.
2. In a large bowl, combine the sugar and cinnamon. Transfer 2 tablespoons of the mixture to a small bowl and set aside for topping.
3. Add the eggs to the remaining cinnamon & sugar mixture in the large bowl and whisk until smooth. Whisk in the half and half, vanilla, and a pinch of salt until fully combined.
4. Dip each croissant piece into the egg mixture, coating well. Arrange the soaked halves in the prepared baking dish in two layers. Place the top halves facing upward for the best presentation. Pour any remaining egg mixture over the croissants .
5. Sprinkle the reserved cinnamon sugar over the top. Bake for 25–30 minutes, or until the croissants are golden brown and the custard is set. Let the casserole cool for 10 minutes. Dust with powdered sugar and serve with maple syrup.

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Talking Shape

Volume 21, Issue 1

Spring 2026

Doc Talk: Spring Renewal: Not Just About Plastic Surgery



I noticed something when the clocks changed. I was driving home, and it was no longer dark outside, even though it was close to 7 pm. In that moment, everything felt a little easier. A little lighter.

That shift happens every year, but each time it feels just as welcome. I see it not only in my own routine, but also in my patients. There is a subtle change in energy this time of year. People seem more optimistic, more motivated, and more focused on feeling like themselves again.

There is a real physiological reason behind it. As the days get longer and we spend more time in natural light, our bodies begin to reset. Increased sunlight helps boost Vitamin D levels and triggers serotonin, the chemical closely tied to mood, energy, and overall well-being. It is part of why sleep improves, stress feels more manageable, and everything seems more balanced.

What I find most interesting is how that internal shift begins to influence how we care for ourselves. This is when patients start thinking more intentionally about themselves. Not in a dramatic or rushed way, but in a thoughtful and measured way. It becomes less about change and more about alignment. Feeling comfortable, confident, and refreshed in a way that reflects how they are starting to feel on the inside.

In my practice, that often translates into subtle and personalized decisions. Small refinements. Restoring balance. Addressing something that has been on their mind for a while, but never quite felt like the right time.



Spring has a way of making it feel like the right time.

Golfing has become a new hobby for me. The longer evenings and warmer days make it much easier to get out, and I have come to appreciate how much that time outside resets my mind.

For me, it is also a reminder that taking care of yourself does not have to be complicated. Getting outside more and moving a bit can go a long way. What I always come back to is this: When you feel better, you take better care of yourself, and that carries forward in positive ways.

What are the small ways you reset this time of year? What do you find yourself looking forward to once the days get longer and the weather begins to shift? I would love to hear from you at drghaderi@stcharlesplasticsurgery.com

-Dr.Ghaderi

From the desk of: Dr. Ghaderi

Confidence in Motion: How Feeling Good Helps You Live Better

We often think of the “before and after” of a procedure in terms of appearance, but the most meaningful change is often how a patient feels. When you look in the mirror and see a reflection that feels more like you, it can shift far more than how you look. It can change how you move through your life.

I see this every day in my practice. There is a moment when patients begin to reconnect with themselves in a different way. It shows up in simple ways. Feeling more at ease in what they wear. Looking forward to activities they may have avoided. Moving through their day with a greater sense of comfort and confidence.

Research supports what we see clinically. As confidence improves, social anxiety often decreases and overall life satisfaction rises. When you are no longer focused on a specific concern, your energy shifts toward the people, activities, and priorities that matter most.

That shift also influences physical health. Confidence often leads to consistency. Patients are more likely to stay active, maintain healthy habits, and follow through on routines that support long-term wellness. The connection between mindset and physical health is well established, with a positive outlook linked to smoother recovery and improved healing.

Many procedures also provide important functional benefits. Breast reduction can relieve years of neck, back, and shoulder strain. Abdominoplasty can restore core strength and improve posture. After significant weight loss, removing excess skin can make movement more comfortable and sustainable.

Over time, I have come to see these outcomes as part of a larger picture. When physical discomfort is reduced and confidence improves, patients often become more active, more engaged, and more connected to their overall well-being.

At its core, this is not about changing who you are. It is about helping you feel like a more comfortable, confident, and natural version of yourself.

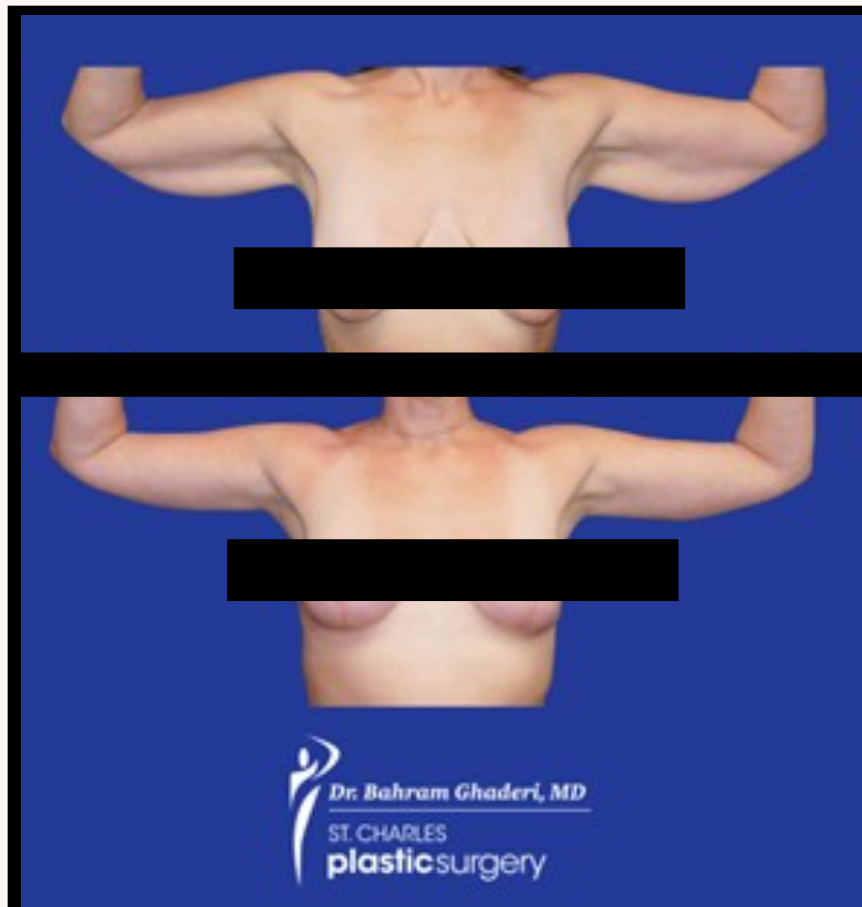


Image displayed depicts before (top) and after (bottom) 6 weeks post breast lift and arm lift surgery



Q: What tips can help make recovery smoother after a combination surgery?

Recovering from multiple procedures at once is very manageable with the right preparation and habits. Gentle walking is encouraged early on to support circulation. It's important to avoid strenuous activity, heavy lifting, or stretching until your surgeon gives you the all clear. Slow, steady movement is the safest approach.

Keep your incisions clean, dry, and protected from sun exposure throughout the healing process. Following your surgeon's instructions for dressing changes and scar care will help promote smooth, healthy healing and reduce the risk of irritation or complications.

Q: What are the benefits of wearing a post surgical garment?

Wearing a post surgical garment is an essential part of the healing process. These garments provide gentle, consistent compression that supports your body as it recovers and helps you achieve the best possible results. They help reduce swelling, stabilize the surgical area, and improve overall comfort and support during the early stages of healing.

Spring Festivities

Mother's Day Boat Cruise
May 10, 2026
Pottawatomie Park
St. Charles, IL

Geneva Art Explosion
May 2, 2026
Geneva, IL

Summer Concerts - Lincoln Park
Thursdays at 7pm beginning May 21st
St. Charles, IL

Geneva French Market
Sundays (April - November)
Geneva, IL

