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### Summer No-Bake Cheesecake:

This no-bake summer cheesecake is the ultimate warm-weather indulgence. It is perfect for picnics, potlucks, or afternoons on the patio.



- Ingredients:**
- 3/4 cup graham cracker crumbs
  - 3/4 cup pecan sandies cookies (crushed)
  - 3 tablespoons butter
  - 3 tablespoons white sugar
  - 8 ounces cream cheese
  - 1/3 cup white sugar
  - 2 tablespoons lemon juice
  - 1/2 cup heavy whipping cream
  - 1/2 cup sliced fresh strawberries

- Directions:**
1. Combine the crushed cookies, graham crackers, melted butter, and 3 tablespoons of sugar together in a bowl.
  2. Firmly press the mixture into a 7-inch springform pan, ensuring an even layer. Refrigerate until needed.
  3. In a large bowl, beat the cream cheese, 1/3 cup of sugar, and lemon juice until smooth and well combined.
  4. Whip the cream, then fold it into the cream cheese mixture until fully incorporated.
  5. Spread the mixture onto the pan.
  6. Arrange sliced strawberries on top. Cover with foil and freeze for 1 hour.
  7. Refrigerate for 30 minutes before serving.

For more information visit:  
<https://www.allrecipes.com/recipe/7270/no-bake-cheesecake-i/>



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# Talking Shape

Volume 20, Issue 2

Summer 2025

## Doc Talk: The Emotional Side of Surgery: What I've Learned Over 25 Years



YAY, Ugggghhhh, fine, yikes, phew, YAY. I've felt the "ugh, fine, yikes, phew" firsthand and felt those emotions going through some of my procedures that included a hernia repair, sinus surgery, and, yes, even the routine colonoscopy that we all need at some point. Even with something simple like Botox, I sometimes catch myself thinking, "Do I really need to do it again?" But then a few days later, when I squint, and the crow's feet are gone, I feel that big "YAY."

With years of training and nearly 25 years of experience, I can confidently help you determine the proper surgical plan to achieve the results you're looking for. When it comes to the emotional side of things, though, I'm always learning. Over the years, I've asked patients during consultations, pre-op, and post-op, "How are you feeling about everything?" Understanding that part of your journey helps me be a better doctor. It also helps me offer a little reassurance to the person who will sit in your spot next.

Here are some patterns I've noticed over time...

### **Step One: The Consultation**

This is when you finally say, "I'm doing this." Most patients have been considering the procedure for months, sometimes even years, before booking their first appointment. That's a long time to process everything. So when they finally come in, it can feel very real. Sometimes it's even overwhelming. I've seen happy tears, nervous tears, and everything in between. All of it is completely normal.

### **Step Two: Surgery Is Scheduled**

Once a date is on the calendar, a new kind of tug-of-war begins. Your logical brain reminds you that this is something you've wanted for a long time. But your emotional brain might start second-guessing. One side says, "You've thought this through; you're ready!" The other side whispers (or shouts), "Wait... are we sure?" Totally normal. You might feel excited one moment and anxious the next. That's part of it. For many, this decision is about becoming more confident and feeling more like yourself. You've put in the thought. You've done your research. This is not a last-minute choice—it's a meaningful one. Even if you feel some butterflies, that's completely expected.

### **Step Three: Post-Op and Healing**

Once surgery is done, many patients feel an immediate sense of relief and excitement. Yes, there's usually some discomfort at first, but this is also when transformation begins. As the swelling goes down and results start to show, I often hear patients say they feel more confident, more comfortable, and even more joyful. There might be a few emotional ups and downs, which is perfectly normal. But the overall trend is often one of growing self-assurance and happiness.

Cosmetic surgery is about more than just physical change. For many, it's a deeply personal decision to reclaim confidence and step into a more authentic version of themselves. That's something to be proud of. If you've gone through this process and would like to share something that helped you, I'd love to hear about it. Feel free to email me at [drghaderi@stcharlesplasticsurgery.com](mailto:drghaderi@stcharlesplasticsurgery.com).

— Dr. Ghaderi

*From the desk of: Dr. Ghaderi*  
*Sculpting Confidence Through Arm Lift Surgery*



With weight loss surgeries and now GLP-1 injections, many have undergone significant weight loss and improved overall health. With the excitement of weight loss and a new beginning also comes the realization that loose skin may be a consequence. The abdomen and breasts are common areas that people notice on themselves, but another area is the upper arms.

If you're considering brachioplasty—commonly known as an arm lift—you're not alone. The surgery is designed to remove excess skin and fat from the upper arms, often resulting from significant weight loss or the natural aging process. By tightening and reshaping the tissues, brachioplasty can create smoother, more toned arm contours, enhancing both appearance and comfort. The surgery typically involves incisions along the inside or back of the arm, with the length dictated by the amount of excess skin and fat to be removed. In some cases, liposuction may be used to achieve optimal results.

Recovery from brachioplasty varies among individuals but generally includes wearing compression garments to minimize swelling and support the new arm contours. Patients are advised to avoid strenuous activities and heavy lifting for several weeks after surgery, but can return to their daily routines, driving, and desk work within about a week. Common risks associated with the procedure include scarring, infection, and changes in skin sensation; however, these are very rare and can often be mitigated by following postoperative care instructions.



Brachioplasty can significantly improve self-confidence and comfort in clothing. If you have any questions regarding your specific situation, please call our office at 630-762-9697 and schedule a consultation.



**Q: Can I combine brachioplasty with other procedures to enhance my results?**

A: Yes, brachioplasty can be combined with other procedures to achieve more comprehensive results. Some common combinations include:

Brachioplasty + Liposuction – Liposuction can refine the arm's shape by removing excess fat before tightening the skin.

Brachioplasty + Breast Lift or Reduction – Patients who experience sagging in both the arms and breasts after weight loss or due to aging may opt for these procedures together.

Brachioplasty + Tummy Tuck – This combination is popular for those seeking full upper-body contouring.

Combining procedures can offer benefits like a single recovery period and cost savings. Call or email us about your goals, and we can work together to develop a personalized treatment plan that best suits your needs.

**Q: How soon after weight loss should I consider brachioplasty?**

A: Weight stability after massive weight loss is important. It's generally recommended to wait until your weight has stabilized, meaning you've maintained your weight for at least 6 months without significant fluctuations. This ensures the best surgical outcome.

**Exciting Summer events for the whole family to enjoy!**

**What:** Concerts—Enjoy live performances by talented local bands every Thursday at 7 p.m. in Lincoln Park—perfect for a lively night out!

**When:** Every Thursday until August 07, 2025

**Where:** Lincoln Park gazebo, 450 West Main Street, St. Charles, IL

**What:** Sculpture in the Park—Discover a stunning collection of original sculptures showcased in the picturesque Mount Saint Mary Park. This free public art exhibition invites visitors to explore and enjoy creativity in a beautiful outdoor setting.

**When:** Daily until Sunday, August 31, 2025

**Where:** Mount Saint Mary Park, IL Rt. 31 & Prairie Street, St. Charles, IL

