



2900 Foxfield Road, Suite 201
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Happy Holidays!



Holiday Fudge

An indulgent and luxurious treat you can create this holiday season. Display the squares on your holiday dessert table or share them with loved ones as a delightful homemade gift.

Ingredients:

- 4-1/2 cups of sugar
- 1 can (12 ounces) of evaporated milk
- 1/2 cup cubed butter
- 2 packages of milk chocolate chips (11-1/2 ounces each)
- 4-1/2 cups of miniature marshmallows
- 2 ounces unsweetened chopped chocolate
- 3 cups chopped toasted walnuts
- 2 teaspoons vanilla extract
- 4 ounces white baking chocolate, melted

Directions:

1. Line a 13x9-inch pan with foil and coat it with cooking spray.
2. Combine sugar, milk, and butter in a Dutch Oven. Bring to a rapid boil over medium heat, stirring constantly. Continue to cook and stir for 5 minutes, then remove from heat.
3. Mix in the chocolate chips, marshmallows, and chopped chocolate until they are fully melted. Gently fold in the walnuts and vanilla. Spread the mixture into the prepared pan right away. Drizzle with melted white baking chocolate and allow it to cool completely.
4. Lift the fudge out of the pan using the foil. Remove the foil and cut the fudge into 96 squares. Store the squares between layers of waxed paper in airtight containers.



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Talking Shape

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Doc Talk:

By Bahram Ghaderi, MD, FACS

Doc Talk is where I like to share a little about myself—not as your surgeon, but as a person. Over the last 20+ years, I've shared everything from my love of stadium food to stories about my first car (a Pinto), sending my kids off to college, and even a little about my favorite college football team. Once, my daughters wrote a Doc Talk and shared one of my quirks—which ties perfectly into this month's story about a memorable holiday gift.

As you may know, wearing a compression garment is often recommended after surgery. If you've been a patient of mine, you also know how much I emphasize following post-op instructions. Here's the twist: I personally cannot stand anything tight on me. A snug shirt at the sleeves or shoulders? Nope. A hat that feels even slightly tight? Not a chance.

Sunglasses that press too much against my nose or temples? Forget it. And when it comes to sleeping, this annoyance with anything tight multiplies. You know how much I value my sleep—it's practically sacred.



Well, several years ago, I finally found a solution for those tight-fitting sleeping shirts. No, not bigger or looser clothing. My magic fix was scissors! If I cut the collars to widen them and cut the sleeves to shorten them, I create a perfect shirt! There are no constraints, and I have achieved a tailored fit. Of course, this habit of tailoring my clothes has become a source of endless amusement for my wife and kids, who never miss a chance to tease me about my "unique" style.

And this is where the Christmas memory—and a family tradition—comes in. Like many families, my wife would buy Christmas-themed pajamas for the kids every year. About six years ago, I decided I would do it that year. With a skeptical look, she agreed but advised me to shop somewhere practical, like Target or Old Navy, since the kids would outgrow them by next year. Solid advice I promptly ignored. I had other thoughts in mind. Instead, I found an online retailer charging at least double, maybe triple the price—but they could embroider names on each shirt! That made it worth it, right? I made my selection, personalized each shirt with the embroidery, and then waited eagerly for my big purchase to arrive. When it did, I got to work. With surgeon-like precision, I took scissors to every single shirt, snipping collars and trimming sleeves to create the ultimate sleep comfort experience. It was, in my opinion, perfection.



Christmas Eve came, and it was time for me to present the gift, the Christmas pajamas, for not just the kids this year but for my wife and me, too. I felt like the proverbial kid on Christmas as I awaited their reactions. And those reactions were priceless! The kids were both amused and horrified. My wife was flabbergasted, and it took her a moment to process that she, too, would now have to wear a cut-up custom shirt. I mean, who could turn down such a personal and heartwarming family gift? I will never forget that moment. Another great part? I had intentionally bought the pajamas oversized, ensuring the kids could wear them year after year...after year. So, who overpaid now?

Now that the youngest has gone from a student in middle school to a student in college, we have reached the point where the pants are getting a little short. So, this year, I'm doing something new for everyone. Don't worry—it'll still be roomy and comfortable, but I promise no scissors will be involved (this time).

As always, If you have any holiday traditions you would like to share, please email me at drghaderi@stcharlesplasticsurgery.com.

Merry Christmas, Happy Holidays, and here's to enjoying time with family and friends.

Wishing you all the best for 2025!



Facial Procedures



Facelift (Rhytidectomy)

As we age, the effects of sun exposure, gravity, and daily stress become visible on our faces. Folds and fat deposits can appear around the neck, the jawline may slacken, and creases can form between the mouth and nose.

A common misconception is that cosmetic surgery will make you look unnatural or overly tight. The “pulled” appearance resulted from older techniques that only stretched the top layer of skin. Modern surgical methods now work deeper into the muscle layer, providing a more natural and refined outcome.

Eyelid Surgery (Blepharoplasty)

Eyelid surgery, also known as an eye lift or blepharoplasty removes fat, and sometimes excess skin and muscle, from the upper and lower eyelids.

This procedure can correct droopy upper lids and puffy bags below the eyes, which can make you look older or more tired than you feel.

Blepharoplasty can be performed alone or in combination with other facial procedures like a facelift or brow lift.

For recovery, most people manage well with ice and over-the-counter pain relievers. You can expect some bruising and discoloration around the eyes, which typically lasts from five days to two to three weeks.



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<https://www.plasticsurgery.org/news/articles/lifting-the-veil-on-face-and-neck-lifts-rediscover-youthful-contours>

<https://www.plasticsurgery.org/news/articles/its-all-in-the-eyes-the-rejuvenating-impact-of-blepharoplasty>

Q: How long will it take for me to recover from my procedure?

A: Recovery happens in stages and varies for each individual. The duration of your recovery will generally depend on the specific procedure you undergo.

Your surgeon will discuss your unique situation with you. For instance, after a breast augmentation, you can typically return to desk work within 2–3 days, whereas after a tummy tuck, it might take about 7–10 days.

However, if you have a more extensive procedure, like a mommy makeover, the recovery period may be somewhat longer.

Q: Can multiple procedures be performed at the same time?

A: It is pretty common for patients to have multiple procedures done in a single operation. Combining procedures can reduce the costs of the operating room and anesthesia, as well as shorten the overall recovery time.

The decision to undergo multiple procedures depends on the specific surgeries, the duration of the operation, and your age and health.

Your surgeon will discuss your individual options with you and help determine if having multiple surgeries at once is suitable for you.



BEFORE TREATMENT: The BOTOX “NO’s”

From the desk of: Dr. Ghaderi

Botox (a term often used to refer to neuromodulators across all brands) has become a well-established and popular way to enhance appearance and prevent signs of aging. While it is a very safe treatment when administered by qualified professionals, there are key considerations to ensure a reliable and consistently good outcome.

Here are important things to avoid when seeking Botox treatments:

1. Don't receive treatment in a private home or hotel

Never receive Botox in a non-medical setting, such as a private home or hotel. A medical environment ensures that proper protocols, sterilization, and safety measures are followed to minimize risks.

2. Don't do the Botox Party

While Botox parties might sound fun, they're not an ideal setting for a medical procedure. Alcohol consumption, often part of these gatherings, can interfere with the informed consent process and increase the risk of bruising. Additionally, qualified and experienced providers may not always be present, and as mentioned earlier, a medical environment is crucial for safety and quality.

3. Don't be lured by the lowest price

A “bargain” Botox treatment might mean you're not receiving the full recommended dose or that substandard products are being used. Both scenarios can lead to unsatisfactory results or potential adverse effects.

4. Don't overlook the provider's training

Always ensure your injector is a qualified and experienced professional, such as a physician or nurse with extensive training in neuromodulators. A weekend course is not enough to ensure the expertise required for safe and effective treatments.

5. Don't inject the forehead to try and raise the brows

If you're looking to achieve a brow lift, Botox injections in the forehead won't do it. This is a common misconception. Botox works by temporarily immobilizing muscles, which reduces wrinkles. Immobilizing forehead muscles can lead to brow drooping, not lifting.

6. Don't inject the lower face without adequate consultation

Botox in areas like the lips or lower face can lead to side effects such as difficulty drinking from a straw, changes in speech, or even drooling due to weakened muscles. Before proceeding with these types of treatments, always discuss potential risks in detail with your injector.

Botox is a safe and highly effective option when done correctly by a trained professional. By keeping these tips in mind, you can feel confident in achieving the best results.



Holiday Games For the Family



The holiday season is a wonderful time to gather with loved ones, and there's always room for some friendly competition!

Here is a list of family-friendly games that everyone can enjoy.

Candy Cane Hook Em'

Adds a playful challenge to your holiday festivities!

Holiday Heads Up

Guess between Frosty, Rudolph, Santa, The Grinch, and many more!

Oven Mitt Unwrapping

Great for generating laughter and excitement. Oven mitts make it quite challenging to unwrap the gift quickly. It's a perfect addition to any holiday gathering.

