

# Talking Shape

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## Doc Talk: Turducken the road less traveled and plastic surgery

by Bahram Ghaderi, M.D., F.A.C.S.

Hope you all had a wonderful Thanksgiving with your friends and family. Of course, the turkey is the traditional meal but this year I decided to try something different and new. Many of you are familiar with or have already enjoyed the taste of Turducken, but for those of you who don't know what it is, take a minute before you read on to figure it out. "Tur" is for turkey, "duck is for duck" – that was easy, and "cken" is for chicken. Someone actually thought of stuffing a turkey with a duck, then stuffing the duck with a chicken. It is a meat lover's dream. So, you may well imagine my wife –the vegetarian's reaction to my idea of serving up this delicacy at our family gathering. Even my children offered me no support. So, being alone in this adventure and not knowing how to cook it nor having the time to figure it out, I became resourceful. I contacted a local deli that makes only 25 of these per year and ordered one. Then, I called on a wonderful lady who does catering and she graciously agreed to prepare the promising triple threat. Then came the question of how do you measure the success of this endeavor? My wife and I agreed that if 6 of our 22 guests actually eat the Turducken, then I will have been vindicated. The ending is near .....

But, first, what does this have to do with plastic surgery? Many of you will choose to take the road less traveled and journey through a surgical transformation that many people will never choose to do. You are trying something that is different and new. Many start by asking "what should I do?", or "what option is best?", or "what size should I choose?" You, very appropriately, have apprehension about the choices you are making. The unknown creates both fear and excitement. The answer to all questions is doing what is best for you and no one else. Plastic surgery is a very individualized specialty. Every patient will have different needs and desires. First, you must ask a professional to guide you to the most appropriate and safest options for you. Then, based on your own vision, choose the procedure that will bring you the most happiness. Taking the road less traveled does not imply the journey is to

be taken alone, resource your family and friends - but measuring the success of a journey is determined by only one person – you.

And now the ending ..... I knew I wouldn't have been happy if I didn't at least try Turducken this year. So, I did, and I am happy to say that 10 of our guests tried the Turducken. By all accounts, a successful holiday dinner.

That brings up the next combination I want to try. This same local deli makes an even tastier treat for Christmas time. He takes a beef tenderloin and stuffs it with lobster. "Surf and Turf in every bite", as he put it. To all the meat lovers out there, here is a fist pump. To all the vegetarians, sorry, and I will try to add a vegetarian article in a future newsletter. As always, please email any comments to [drghaderi@stcharlesplasticsurgery.com](mailto:drghaderi@stcharlesplasticsurgery.com).

Happy Holidays and a wonderful New Year to all of you.

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### Contour Comments



## Play by Play: What Happens in the OR

So, what happens after you get sedated and right before your surgery? To answer some of your questions, I have a response to your curiosity. First, you are given a sedative with some retrograde amnesic effects, which means you may not even remember a few minutes before actually getting sedated. This also helps to reduce your anxiety level. Next, you are taken to the operating room where you move over to the operating table. Many of you don't remember doing that, but you actually do it on your own with guidance. Therefore, you immediately have a strap placed around your waist to keep you in place and safe. Many steps take place simultaneously now. Monitors are attached to keep track of your heart, lungs, and even brain waves, a pillow is placed under your knees to keep them bent, and a soft cushion is placed under your heels. Your arms are positioned to avoid being hyper-extended. Once you are well positioned and comfortable, the anesthesiologist is now ready to give you the appropriate anesthetic. If you are getting a general anesthetic, then a breathing tube is placed. If you are getting only sedation or twilight anesthetic, then you just have oxygen placed around your nose and mouth. Now it is time to get the surgical area prepped and draped. Special antiseptic solutions are used to cleanse the surgical site. Next, sterile drapes are placed so that only the surgical area is exposed. The surgeon and scrub technician, who handles and passes the required instruments to the surgeon, are scrubbed in, ready to start the surgery. Before the surgery is started everything is double checked in what is called a "time out". It is a national rule and followed religiously. The surgery is now started with the incision and completed very methodically and efficiently to minimize anesthetic time. With plastic surgery much of the time is spent on closing the incision which is what you see as a result of the surgery. Once the incision is closed, it is covered by sterile bandages, and any garments that you need are placed. The anesthesiologist reverses the anesthetic and you wake up before going to the recovery room. I hope this answers some of those curious questions. If you do have any other specific questions, please feel free to send them to [drghaderi@stcharlesplasticsurgery.com](mailto:drghaderi@stcharlesplasticsurgery.com).

## Holiday Activities

The holiday season brings forth time for friends and family to come together to celebrate traditions that were made or that have just begun. Whether it is holiday shopping in a specific place with hot chocolate in hand, or ice skating under the winter night sky bundled up in a warm scarf and gloves, every encounter during the holiday seems to be joyous. Here are a few local holiday activities that we, the staff at St. Charles Plastic Surgery, thought our patients would enjoy:

- A Show Case of Classic Holiday Music  
-Fox Valley Repertory @ Pheasant Run Resort/Dec 11th-18th
- The Temptations Holiday Show  
-Arcada theatre/ Dec 15th
- Holiday Lights Decorating Tour  
-Pottawatomie Community Center/ Dec 15th
- Holiday Sleigh Rides  
-Primrose Farm/ Dec 20th, 22nd, 26th, 28th, & 30th



For more fun events for this season,  
please visit :

<http://www.visitstcharles.com/visitors-events.cfm>.

## Staff Picks **Cookies**

**Dr. Ghaderi: Chocolate Chip**

**Dale: Cranberry Walnut**

**Monica: Mom's "Thumb Prints"**

**Gabrielle: Chocolate Chunk**



From all of us at St. Charles Plastic Surgery,



*Happy Holidays*



## The Legend of the Mistletoe

Vibrant red berries among deep green leaves, delicately hanging above most doorways during the season can describe this holiday familiarity known as mistletoe. Not only does mistletoe signify to give your loved one a smooch, but it is also known to have magical healing powers. These thoughts have derived from the legend of Goddess of Love, Frigga, and her son, the God of Summer Sun, Balder. Balder had a dream about his health, and his mother was worried for his safety and went about to ask every living thing, excluding mistletoe, to promise not to harm her beloved son. An enemy of Balder, Loki the God of Evil, put mistletoe at the end of a spear and forced Balder's brother to harm him. Balder was hurt but revived by his mother with the help of the mistletoe. "Her tears on the plant became berries and she blessed it such that anyone who stands under the mistletoe would never be harmed and would be entitled to a kiss as a token of love."

Source:<http://www.worldofchristmas.net/christmas-stories/legend-of-mistletoe.html>

## Partners <sup>in</sup> Care



Join us as we welcome Gabrielle as the newest member of our team and celebrate as we transition Monica to a new position. St. Charles Plastic Surgery is pleased to announce our new "partners in care". Both Gabrielle and Monica are responsible for the seamless coordination of surgical schedules and patient appointments. Together as Patient Care Coordinators, they will ensure that each patient's journey to a surgical destination will be a smooth and carefree experience.



## inspiration

"The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen."

--- Elisabeth Kubler-Ross



## caffeine crazed

Long days at the office, hectic holiday shopping, and tending to your children's needs can make your day drag on. An office favorite "pick me up" is caffeine. Here's our personal favorite forms of energy:

Dr. Ghaderi: Tea with Milk & Honey  
Dale: Lattes  
Monica: Diet coke & coffee  
Gabrielle: coffee "Boston Style"

