

# Summer beauty



## Mokhtar Asaadi, M.D.

Dr. Mokhtar Asaadi is a skilled, board-certified plastic surgeon who adheres to the belief that the body should present a balanced and harmonious symmetry. With years of training and experience to back him up, Dr. Asaadi uses cutting edge technology and scientific breakthroughs in his quest for impeccable results.

As a Plastic Surgeon, Dr. Asaadi's biggest concern is that a patient choose the procedure that will provide the best possible outcome. When the chosen procedure is Breast Augmentation, he notes, it is crucially important to select an implant that is the right size. He is very concerned with a patient's happiness in terms of longevity. As he explains "Each person has only one shoe size and one glove size, it is the same with breasts. You do not want to overdo it or underdo it. You want to look natural."

A perfectionist at heart, Dr. Asaadi finds it troubling when a patient comes to him to fix a flawed operation they had elsewhere. As he states "When a breast procedure is done right the first time, satisfaction is high, recovery is fast, and the patient will have natural, soft breasts."

As Summer approaches, Dr. Asaadi is preparing for the wave of patients who will be seeking cosmetic enhancement during their vacation. He recommends a patient to set aside a few days if they intend to have one of the more extensive procedures done, such as liposuction, breast augmentation and face-lifts.

But he points out, there are a myriad of nonsurgical procedures that can enhance a summer look, yet require no unfavorable downtime. If a patient plans to be in the sun, though, he cautions against procedures such as chemical peels, that will leave newly sensitive skin exposed.

Dr. Asaadi always looks forward to meeting new patients. During the initial consultation, he believes that his knowledge and experience will gain their trust and hopes that his enthusiasm, confidence and genuinely warm personality will put them at ease.

## Three ways to real summer beauty

Summer is an important time to look your best, but is it too late to benefit from cosmetic procedures to enhance your body this season?

Not at all, according to our cosmetic specialists, but you'll want to prioritize. First, consider your smile. Second, research procedures. Third, find the right specialist and ask questions.

Looking great starts with a stunning, face-framing smile: Nothing shows off a healthy tan better. Whether it's a short-term bleaching procedure or non-staining, long-lasting porcelain veneers, a smile makeover can go a long way in enhancing your look.

As for the rest of your body, last year nearly 11 million cosmetic surgery procedures were performed in the United States, according to the American Society of Plastic Surgeons (ASPS), up 7 percent from 2005. Yet with so many options available, how do you know what's right for you? Our experts advise you to do your research, get to know the various procedures, and look at the pictures.

## Mokhtar Asaadi, M.D., F.A.C.S.

125 East 63rd Street  
New York, New York  
212-938-0158

101 Old Short Hills Road  
West Orange, New Jersey  
973-731-7000

[www.asaadiplasticsurgery.com](http://www.asaadiplasticsurgery.com)

Summer is when many people use their time off for surgery such as face-lifts, breast augmentation, and rhinoplasty. Yet there are also many noninvasive procedures, like Botox, Restylane, and microdermabrasion, that require no downtime.

While hitting the Internet to research procedures is natural, it's even more important to find the right specialist. If he or she puts you at ease, is knowledgeable and properly trained, and allows you the time you need to present your goals, you're in good hands.

Your cosmetic surgeon or dentist should answer all of your questions, offer alternatives, and present his or her qualifications, experience, costs, and payment policies.

He or she should give you the information you desire, but ultimately leave the final decision up to you. With that kind of guidance you'll be able to achieve a look that will last a lifetime of summers.