



## DR. MOKHTAR ASAADI

**OPERATING ROOM STYLE** Serious  
**ALTERNATIVE OCCUPATION** Architect  
**HOBBIES** Skiing **PLACE YOU GO TO ESCAPE THE OFFICE** The gym or on a long vacation **FRAMED PHOTOS ON YOUR DESK** My wife and kids **PRO BONO WORK** Reconstruction procedures for burn victims **I WOULD LOVE TO OWN** A ranch house in the mountains **ANTI-AGING ADVICE** Stay active and quit smoking

“My perfectionist nature serves patients well.”

—MOKHTAR ASAADI, MD, FACS

## POLISHED PROFILES

It is widely accepted that rhinoplasty is a technically demanding aesthetic surgery procedure. Because of its inherent complexity, Dr. Asaadi employs a meticulous approach, envisioning what steps he will take to ensure a quality result before ever stepping foot into the operating room. “Every dimension and proportion must be planned ahead of time,” he says. “Patients are often under the mistaken notion that amending a portion of their nose, such as **ELIMINATING A HUMP**, lowering the tip or **NARROWING THE NOSTRILS**, will ‘fix’ their concerns,” Dr. Asaadi explains. “Every part of the nose necessarily influences the other—not only aesthetically, but functionally. The goal is to achieve a sense of balance and proportion.” Frequently called upon to perform revision rhinoplasty procedures, Dr. Asaadi appreciates the trust his patients instill in him. “Surgery of the nose involves more than just enhancing a feature—it involves changing it. Vigilance is a must when it comes to selecting a surgeon. Interview the doctor carefully to be sure you are in **EXPERIENCED HANDS**. Find someone **DEDICATED TO THE PURSUIT OF PERFECTION** so you won’t have to face a second operation.”

INSIDE INFORMATION

# aesthetic endeavors

One of Dr. Mokhtar Asaadi’s favorite sayings is, “You can’t hide fire under the ashes.” In other words, “Everything you do will eventually show.” This adage provides insight into his philosophy and reflects the practice he has scrupulously built over the last 25 years. “My approach is one of extreme due diligence, customized to each individual patient,” says Dr. Asaadi.

A specialist in plastic surgery of the face, breast and body, 90 percent of Dr. Asaadi’s patients are referral based, and 50 percent are repeat patients—testaments to his high regard for patients’ satisfaction, comfort and assurance in his abilities. Dr. Asaadi attributes his ongoing success to a penchant for precision, a dedication to continually refining his techniques and approaching every surgery physically and mentally prepared to do his very best. “I seek perfection. It’s the only way I know to get great results.” According to Dr. Asaadi, almost everything he does today is different than how he was taught during his early training. While the principles remain relatively the same, the details have changed to such an extent; he has modified almost every procedure to evolve his skill set in accordance with the demands of new-age innovations.

“You have to be critical of yourself and let your curiosity keep you in a mode of continual improvement,” he says. In terms of preparing for surgery, Dr. Asaadi is extremely proactive. “I make sure to get a good night’s sleep. Peak performance is impossible if you are troubled or tired,” he says. “Every patient deserves my 100 percent best efforts and talent, whether I’m removing a small mole, performing a tummy tuck or enhancing the female form through breast surgery.”

### BOARD CERTIFICATION

American Board of Plastic Surgery  
 American Board of Surgery

### MEDICAL DEGREE

Pahlavi University Medical School

### INTERNAL MEDICINE RESIDENCY

Pahlavi University Medical School

### GENERAL AND PLASTIC SURGERY RESIDENCY

St. Barnabas Medical Center

### MICROSURGERY FELLOWSHIP

Southern Illinois University  
 School of Medicine

### AESTHETIC SURGERY FELLOWSHIP

Manhattan Eye, Ear and Throat Hospital

### AFFILIATIONS

American Medical Association  
 American Society for Aesthetic Plastic Surgery  
 American Society of Plastic Surgeons  
 Fellow, American College of Surgeons  
 Fellow, International College of Surgeons

### AREAS OF EXPERTISE

Body Contouring (Liposuction and Tummy Tuck)  
 Breast Enlargement/Reduction  
 Face and Eyelid Surgery  
 Nasal Surgery (Rhinoplasty)  
 Nonsurgical Facial Enhancement

### LOCATIONS

New York, New York  
 West Orange, New Jersey  
 973.731.7000

### WEB SITE

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



### Remove excess skin with surgery

If you've lost a considerable amount of weight, you may be experiencing excess skin around the stomach area and on the sides of the waist, making you a candidate for either abdominoplasty (also known as a tummy tuck) or a partial abdominoplasty (a modified or mini tummy tuck). Both procedures remove excess skin and fat and tighten the stomach muscle, but a modified tummy tuck involves a shorter incision, no incision around the navel, and is more suitable for someone whose skin laxity is confined to the lower abdomen. **"If you have a lot of stretch marks, hanging skin, and you've had a C-section, liposuction probably won't work and you'll need to consider a tummy tuck,"** says West Orange, NJ, plastic surgeon Mokhtar Asadi, MD. **"If you pinch the skin on the lower abdomen and your belly button becomes distorted, you probably need a full tummy tuck. But, if you pinch that same area and the belly button still looks good without too much wrinkling-then you may be a good candidate for a mini tummy tuck."**

### SIMPLE SKIN-CARE SOLUTIONS

exfoliating and hydrating the skin around the stomach will help keep it soft, which gives the illusion of a more toned midsection.

### TUMMY-TARGETED TRAINING

tennis, Pilates and swimming incorporate side-to-side movements that utilize the abdominal muscles.

### FOR A DRAMATIC DIFFERENCE

a tummy tuck and/or liposuction permanently removes fat and excess skin to redefine the wasteline.

"Unlike other skin-firming creams we've tried, this one leaves our skin feeling soft and super-hydrated without any stickiness."



"The granules are small, but this scrub offers some serious exfoliating power. We didn't measure out wastelines, but the dead skin cells on our brush prove there's less dull skin around our middle post-treatment."



"Although it's hard to tell if it's minimizing our midsection, this oil is the ultimate indulgence after a long day. The unique minty-floral scent has a touch of sweetness- and we love how soft it leaves our skin, making after-bath lotion unnecessary."



### THE CLEANSING TEA

Natural diuretics that stimulate the colon help reduce water retention that leads to bloating. This lemon-flavored tea contains toxin-flushing senna leaf, dandelion root and lemongrass, three herbs that have been used for centuries to help promote a healthy digestive system. **Waiora Natural Cleanse Tea, \$15, waiora.com**



"Perfect for settling upset stomachs, but we didn't see a reduction in our waistlines after drinking this intense lemon tea once a day for a week."



All products featured in this story are organic.



### CREAM

Delivering a potent punch of skin-tightening DMAE, detoxifying MSM (a form of antibacterial sulfur), and vitamins A, C, D and E, this aloe-based cream goes on smooth and soaks in quickly. According to the company, the ingredients work to tighten up less-than-perfect parts. **Exuberance Be Firm Body Cream With DMAE, \$45, exuberancebeauty.com**



### THE STIMULATING SCRUB

The skin around the waist can appear dull and aged if it's not polished properly. Dead skin doesn't stand a chance against this scrub, which incorporates Dead Sea salts to remove impurities and jojoba, apricot and rose hip oils that soften. **Jo Wood Organics Tula Exfoliating Salt Scrub, \$34, jowoodorganics.com**



### THE BLOAT-BUSTING BATH OIL

Geranium essential oil has long been used as a remedy for water retention; it stimulates the lymphatic system to decrease bloating. This bath soak takes the plant's powers one step further, mixing it with lavender, peppermint and eucalyptus, and moisturize sweet almond and apricot kernel oil. **Bamford Botanic Geranium Bath Oil, \$72, barneys.com**