

Dr. Mokhtar Asaadi

Asaadi Plastic Surgery

New York, New York

West Orange, New Jersey

ASK DR. ASAADI

WHAT IS YOUR OVERALL PHILOSOPHY?

If you're critical of yourself, you're going to improve your practice. I don't just keep doing the same thing over and over. I have changed many things I do today compared to when I started 30 years ago. If you are a perfectionist and you want to get the best results for your patients, you have to find better ways to achieve their goals.

HOW LONG DO YOU FOLLOW UP WITH PATIENTS?

Forever. Some of my patients are still coming to me after 25 or 30 years. You don't let these people go because things change. Everything changes on the body. You want to see your long-range results. Two months or six months after surgery doesn't mean much in terms of longevity.

HOW DO YOU EDUCATE PATIENTS?

As Chairman of the plastic surgery department of St. Barnabas Medical Center in New Jersey, I want to make the public aware of the difference between a board-certified plastic surgeon and someone who just happens to perform plastic surgery. We have launched a campaign to promote board-certified plastic surgeons and safe places for surgery. The message: Go to a specialist.

Masterful body contouring

Ideal for patients who have truncal obesity or fat deposits in the torso, abdomen and flanks, the MAsterTuckSM body contouring procedure offers a solution for patients who don't want to, and in some cases, don't need to undergo a tummy tuck. Many often assume that a tummy tuck addresses all concerns of the abdomen, but this isn't true. Patients who have excess fat without muscle laxity or weakness or hanging skin are better served by fat removal via the MAsterTuckSM, which uses Vaser[®] ultrasonic energy to break apart fat and induce skin contraction. "In the past, we thought we had to do a tummy tuck on these patients, but if you do that tummy tuck, you're not going to get good results because you're leaving a lot of the fat behind," Dr. Asaadi says. "The MAsterTuckSM provides a phenomenal result because the fat is taken away, the skin contracts and there is no need for abdominoplasty."



FACIAL FULLNESS

Desiring a multi-faceted approach to rejuvenate her face, this 51-year-old patient underwent bilateral upper and lower blepharoplasty, an internal browpexy, palpebral corrugator resection, secondary open rhinoplasty and structural fat grafting to the face. "Fat is a phenomenal filler because it has stem cell properties," Dr. Asaadi says. "It provides fullness and improves the quality of the skin on top."



SMOOTHER SILHOUETTE

After having children at a very young age, this 33-year-old wanted a makeover to restore her figure. Dr. Asaadi performed abdominoplasty, flankplasty, puboplasty, bilateral breast augmentation, breast lift and Vaser liposuction of the flanks, lateral chest walls, upper inner thighs and pubic area. "Now she feels young and attractive again," Dr. Asaadi says.

“providing the best care means seeking out the best techniques”

MEET THE EXPERT

Dr. Mokhtar Asaadi

American Board of Plastic Surgery
American Board of Surgery

PROCEDURES PERFORMED

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

ABOUT DR. ASAADI

DO YOU SEE A LOT OF REPEAT PATIENTS?

I'd say about 30 to 40 percent of my practice is dedicated to repeat patients.

HOW HAS WORD-OF-MOUTH BUZZ SERVED YOU WELL?

I see an overwhelming majority of patients who are either friends or family members from patients I've treated in the past. It's very gratifying to know they think so highly of me that they'd refer those who are closest to them.

HOW IMPORTANT IS PATIENT SAFETY TO YOU?

Patient safety is of the utmost importance. Cosmetic surgery is elective surgery; there's no way I'd ever compromise a patient's well-being. During surgery we are constantly massaging patients' legs to promote circulation, monitoring patients' urine output and performing procedures in hospital settings when they require more than four hours. There are never any shortcuts.

MEDICAL DEGREE
Pahlavi University Medical School

LOCATIONS
New York, New York
West Orange, New Jersey

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 To learn more about the practice visit
asaadiplasticsurgery.com