

Dr. Mokhtar Asaadi

Asaadi Plastic Surgery

New York, New York

West Orange, New Jersey

ASK DR. ASAADI

HOW FREQUENTLY DO YOU COMBINE PROCEDURES?

I perform combination surgeries very often. For example, when I perform the core abdominoplasty technique, I frequently lift the waistline, as well. I may also want to liposuction the flanks and/or back to really cinch the mid-section.

IN TERMS OF FACIAL SURGERIES, DO YOU ALSO LIKE TO COMBINE TECHNIQUES?

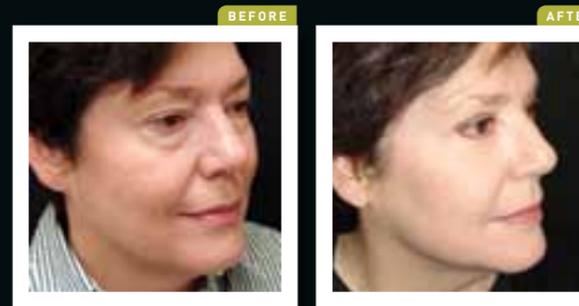
Absolutely. The secret to patient satisfaction and impressive results is the individualization of surgeries. This requires the combination of different modalities. For example, a patient may need a facelift as well as both an upper and lower eyelid lift to globally address the face.

HOW DO YOU DETERMINE THE BEST PROCEDURES TO PAIR EACH PATIENT WITH?

There is no set guideline. My evaluation includes discussing patients' goals, assessing their aging symptoms, listening and then offering up a variety of suggestions on how patients can get the look they want.

Core abdominoplasty

Traditionally, abdominoplasty procedures are performed with the patient lying down, at 180 degrees. In 2002 however, Dr. Asaadi came to question the standard technique, wondering, "What if I sit the patient up at a 45-degree angle during surgery? I have a feeling it will provide me better visibility, enabling me to see if there are any bulges that may not be visible when the patient is lying down." Sure enough, Dr. Asaadi was right. "This position better enabled me to evaluate the abdominal muscles, seeing just how weak they really are so I could tell how much more tightening I needed to do. The result is a flatter, tighter, smoother abdomen." Self-titled "the table tilt test," this evaluation of the abdominal muscles lets Dr. Asaadi determine just how tight he needs to make them for a truly sculpted, flat tummy. "I call this procedure a core abdominoplasty because the results are as if you're sucking your stomach in all the time—very dramatic."



DR. ASAADI'S EAGLE EYE

When performing lower blepharoplasty, like the one here on this 61-year-old, Dr. Asaadi is very diligent in his approach. "It's not just about taking fat out of the skin," he says. "My technique routinely involves fat transfer. My goal isn't to remove fat; it's to transfer it into more appropriate areas, where indicated," says Dr. Asaadi.



CORE VALUES

An example of a beautiful combination surgery, this 51-year-old's new silhouette exemplifies how Dr. Asaadi's core abdominoplasty procedure, paired with breast augmentation and VASER® LipoSelection of the flanks and thighs, can really transform a previously aged body into a sleeker, slimmer, sexier new shape.

“more than 90 percent of my patients are referral-based”

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