



DR. MOKHTAR ASAADI

FAVORITE PART OF YOUR JOB Interacting with the patients **BEST ADVICE YOU'VE RECEIVED** Take your time and never rush **ANTI-AGING ADVICE** Get enough sleep and vitamin C, and practice good nutrition **ALTERNATIVE OCCUPATION** Landscape architect **HOBBIES** Skiing and horse-back riding **PLACE YOU GO TO ESCAPE THE OFFICE** The mountains **FRAMED PHOTOS ON YOUR DESK** My wife and three children **I START EACH DAY** With exercise **I'M NEVER WITHOUT** My agenda book

“Cosmetic surgery improves your physical appearance and confidence.”

—MOKHTAR ASAADI, MD, FACS

MORE THAN MEETS THE EYE

Dr. Asaadi believes that few facial features display the passage of time as quickly as the eyes, which can begin to sink with age, losing youthful elasticity. “**COSMETIC EYE SURGERY** can dramatically erase years from your face, helping you look more rested and alert,” he says. “Many people have excess puffy skin on the cheekbone just beneath the lower eyelid, called a festoon,” he explains. Dr. Asaadi fixes this problem by making a tiny incision just below the lid margin on the outside of the eye, then tightening the muscles and ligaments of the lower eyelid. Occasionally, excess fat may be removed from the cheek area as well for **ADDITIONAL REFINEMENT**. Because the procedure is more involved, recovery can take a bit longer, but results are natural and long-lasting. “I don’t recommend a surgery unless I feel it will absolutely benefit a patient, with results that radiate youth over time and exude beauty simultaneously,” says Dr. Asaadi.

INSIDE INFORMATION

eye-opening techniques

The pursuit of symmetry and balance keeps Dr. Mokhtar Asaadi on the forefront of his profession. The meticulous plastic surgeon says it’s the subtle nuances and personalized details that make all the difference in achieving individualized, natural-looking results. “Small details can have a large impact on a procedure’s final outcome,” he says.

As visually oriented as he is technically adept, Dr. Asaadi seeks to ensure no detail is ever overlooked. With a special area of interest in rejuvenating tired, age-worn eyes, Dr. Asaadi performs upper and lower eyelid surgeries, reducing the appearance of saggy lids, under-eye bags, excess fatty deposits and droopiness. “For patients who just have puffiness, with good skin- and muscle tone, I can remove the fat without having to tighten the surrounding structures,” says Dr. Asaadi of his customized approach to eyelid rejuvenation. For patients who notice muscle laxity, Dr. Asaadi employs a more involved technique, tightening muscles, removing excess skin and redistributing fat for a more dramatic result. “We treat patients in unison with their aging symptoms and aesthetic concerns,” says Dr. Asaadi.

Known for his direct communication style, Dr. Asaadi says establishing good rapport with prospective patients is always a top priority. Whether patients are seeking noninvasive or surgical rejuvenation, like breast augmentation, eyelid surgery or body-contouring procedures, they can anticipate thorough consultations with both the doctor and his staff. “It’s very important to spend time getting to know each patient so that we can assess expectations and compare them to the procedure’s realistic, achievable outcomes,” he says.

Dr. Asaadi stays busy rejuvenating faces, sculpting bodies and beautifying breasts from his two practice locations in New York and New Jersey. His 25-plus years in practice have allowed him to integrate cutting-edge techniques in the field of plastic surgery, with consistent results. “I strive for perfection in all of my procedures.”

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