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PROVIDING the best care means seeking out the newest and best techniques.”



## Creating Beauty Through Science

A double board-certified plastic surgeon and medical pioneer, Dr. Mokhtar Asaadi practices with a caring heart and gets the results.

### TELL US A LITTLE ABOUT YOUR BACKGROUND AND PRACTICE?

I'm in practice over 35 years performing reconstructive and cosmetic plastic surgery of the face and body. My education is broad completing post-doctoral surgical training at St. Barnabas and Sloan-Kettering. My Fellowship training includes microsurgery at Southern Illinois University and cosmetics at Manhattan Eye, Ear & Throat Hospital. Always seeking to raise the bar -- plastic surgery was the natural and right profession.

**WHAT IS UNIQUE ABOUT ASAADI PLASTIC SURGERY?** One of the most challenging and highly specialized areas of plastic surgery today involves the lower blepharoplasty (eyelids) and correction of the festoons or malar bags. The lower eyelids can become puffy due to age, medical conditions, diet or even allergies contributing to a worn, tired look. We have

had incredible successes correcting even the most difficult of these cases.

### WHAT IS ONE OF THE ACHIEVEMENTS FOR WHICH YOU ARE MOST PROUD?

As head of the Department of Plastic Surgery at St. Barnabas, I organize Educational Symposia several times a year. Some of the meetings show live surgeries performed by prominent guest plastic surgeons around the world. Through the exchange of ideas about these complex, sometimes multifaceted procedures, we advance the profession.

**WHAT DO YOU DO TO RELAX?** I love Soul Cycle. Spinning relieves a lot of stress -- it's a great workout. I have an office in New York City as well as West Orange so I take advantage of Soul Cycle's Short Hills or New York locations. I also enjoy yoga and Pilates as ways to decompress. When I can, I take to the slopes to ski.

**MOKHTAR ASAADI, M.D., F.A.C.S.** | Asaadi Plastic Surgery

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