

# reveal your beauty

"In cosmetic surgery, all that ultimately matters is the end result," says Dr. Mokhtar Asaadi, who has been practicing plastic surgery for 23 years. "I strive for perfection and natural-looking results in all 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 SURGERY RESIDENCY

St. Barnabas Medical Center

## 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  
International College of Surgeons

## AREAS OF EXPERTISE

Body Contouring (Liposuction and  
Tummy Tuck)  
Breast Enlargement/Reduction Face and  
Eyelids Nasal Surgery (Rhinoplasty)  
Non-Surgical Facial Enhancement

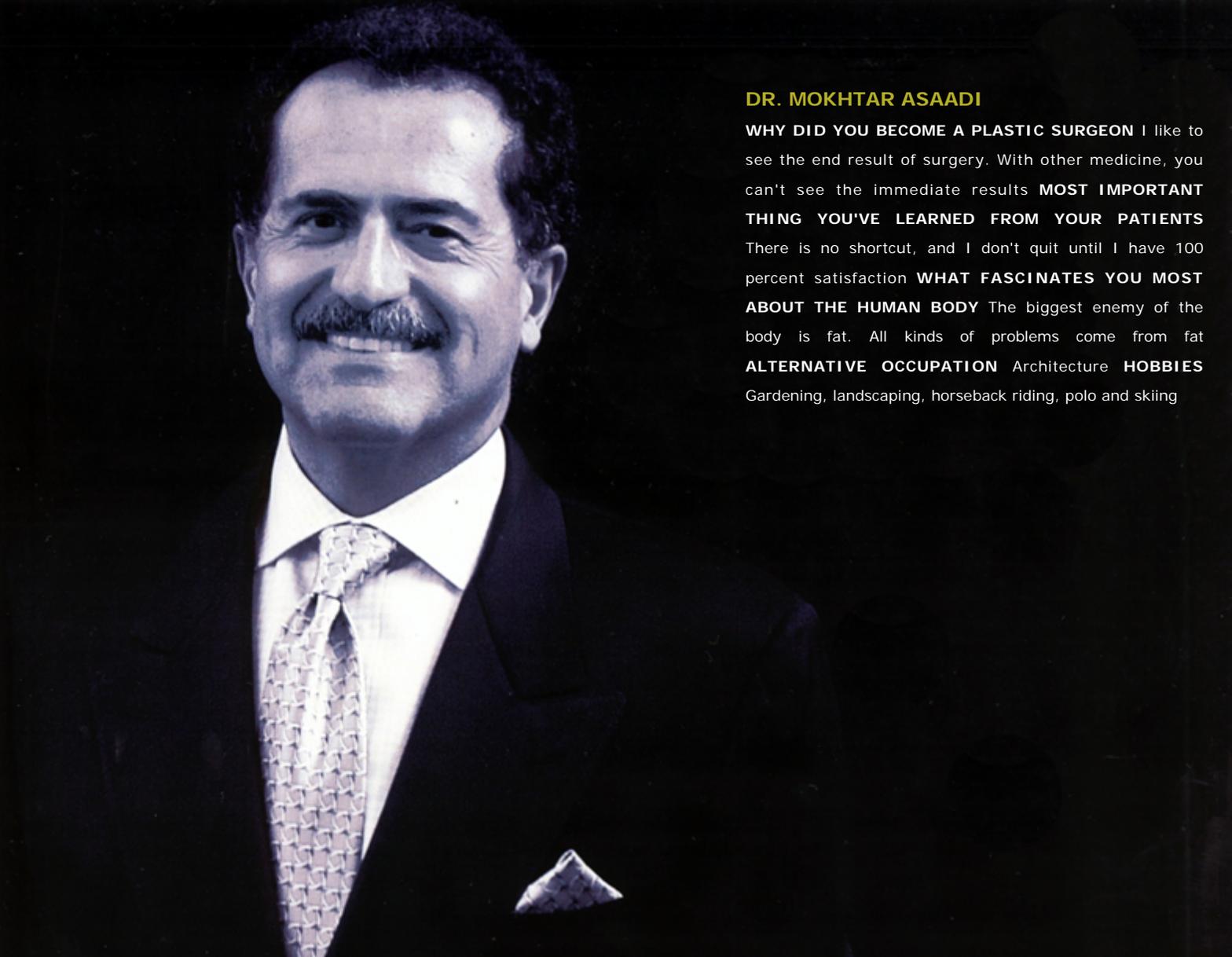
## LOCATIONS

New York, New York  
West Orange, New Jersey

With a fellowship in aesthetic surgery from the prestigious Manhattan Eye, Ear and Throat Hospital and as past chairman of the Plastic Surgery Department of Saint Barnabas Medical Center, Dr. Asaadi has a passion for plastic surgery that rivals most people's enthusiasm for a favorite hobby. As a practitioner who is as visually oriented as he is technically adept, Dr. Asaadi says he did not have a great desire to practice general medicine because he couldn't see the end result. That is what led him to plastic surgery. "If you give someone medicine and it goes inside their bodies, you can't see what it is doing," he says. "With plastic surgery, you can instantly see the results of someone getting better."

Dr. Asaadi relates to his patients and understands their desire to enhance the way they look through cosmetic surgery. He explains that, in his opinion, plastic surgery has nothing to do with vanity. "It is a way for people to change something about themselves that they are not happy with, something that may have kept them from excelling or reaching their full potential," he says. "Plastic surgery helps people feel better about them-selves and gives them more confidence."

His practice, with locations in both Manhattan and West Orange, New Jersey, focuses on cosmetic surgical procedures for the face, breast and body and on noninvasive treatments like dermal fillers, laser resurfacing and chemical peels. "These days, everyone is concerned about appearance, and appearance is something that other people notice," he says. "Everybody wants to look their best." 973-731-7000 or [www.asaadimd.com](http://www.asaadimd.com).

A portrait of Dr. Mokhtar Asaadi, a man with a mustache, wearing a dark suit, white shirt, and patterned tie. He is smiling slightly and looking towards the camera. The background is dark and out of focus.

## DR. MOKHTAR ASAADI

**WHY DID YOU BECOME A PLASTIC SURGEON** I like to see the end result of surgery. With other medicine, you can't see the immediate results **MOST IMPORTANT THING YOU'VE LEARNED FROM YOUR PATIENTS** There is no shortcut, and I don't quit until I have 100 percent satisfaction **WHAT FASCINATES YOU MOST ABOUT THE HUMAN BODY** The biggest enemy of the body is fat. All kinds of problems come from fat **ALTERNATIVE OCCUPATION** Architecture **HOBBIES** Gardening, landscaping, horseback riding, polo and skiing

### INSIDE INFORMATION

## EYE APPEAL

Many people say that the eyes are the window to the soul. So, if your eyes are tired, puffy or sallow, what does that say about you? "Eyes show the signs of aging first, so they are a common concern for both women and men," says Dr. Asaadi. "It doesn't send a good message if you look tired or not happy." One procedure that Dr. Asaadi says he performs in order to restore a more **YOUTHFUL LOOK** to the eyes is **LOWER EYELID SURGERY**. According to the doctor, during this delicate surgery he does not remove too much fat or skin, but instead he tightens the muscles and ligaments. "Many years ago, the trend was to take out fat and tighten the skin," he says. "But down the road patients ended up looking hollow and gaunt." Sometimes Dr. Asaadi actually adds fat to the lower eyelids to **ADD FULLNESS**. With Dr. Asaadi's methods, there may be a longer recovery, but, he adds, "My technique yields **LONGER-LASTING**, better-Looking results. People have a certain amount of energy that shows through more in their personality once their eyes reflect that energy. It gives me a great sense of joy to be able to rejuvinate someone's appearance."