

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.

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**ON TARGET**

Plastic surgeon Mokhtar Asaadi has done away with the traditional when it comes to his technique for fat removal. To remove fat, the doctor uses a new ultrasound technology called **VASER LIPOSELECTION**, which selects, or targets, the fat specifically and then melts it away. "This is a great improvement upon traditional liposuction because it melts the fat only, not affecting the surrounding tissue, and gives a very smooth contour," he explains. He adds that, with Vaser LipoSelection, he gets **BETTER SKIN RETRACTION**, especially with hanging skin. Other benefits include the ability to reach more difficult areas, such as the back and the lower part of the love handles, and to **BREAK DOWN SCAR TISSUE** for those patients who have had liposuction done before. He offers one word of cautions, though: the patient should make sure the surgeon performing the technique has the right skill and experience. "It's sophisticated equipment and you have to know how to use it and which patients will most benefit," he says. "Our practice now uses Vaser LipoSelection exclusively. My patients prefer this method since they believe the results look great."