

SPECIAL REPORT ARE YOU AGING FASTER THAN EVERYONE ELSE? | BREAKTHROUGH THE BIGGEST HIGH-TECH TREND IN BEAUTY

# NEWBEAUTY

NEWBEAUTY.COM / ISSUE FALL-WINTER 2015

THE BEAUTY AUTHORITY

NEW DISCOVERY

## BEST SKIN

THE INSIDER  
SECRET YOU  
NEED TO  
KNOW ABOUT

“

If I wasn't aging,  
I wouldn't be  
living. You have  
to embrace it.

*Julianna Margulies*

EXTREME DIETS

## LOSE FAT FAST

HAVE THE LATEST CELEBRITY  
WEIGHT-LOSS OBSESSIONS  
GONE TOO FAR?

...  
*look  
better  
now!*

10 NEW  
PRODUCTS  
YOU HAVE  
TO TRY

...

THE  
*good  
wife*

FLAWLESS  
AT 49!







**OVER 8 YEARS**  
*baseline age: 48*

YEAR 1 - AT AGE 48



**What was done:**

At this point, West Orange, NJ, plastic surgeon Mokhtar Asaadi, MD, had performed two rhinoplasties (done nine years apart) and regular injections of Botox.

**"She was also the first patient I ever did Botox on in my practice and she's been doing it ever since."**

YEAR 5 - AT AGE 53



**What was done:**

A lower blepharoplasty was performed to get rid of under-eye bags, and a facelift and necklift were done to tighten her skin. A 30-percent TCA peel was used to smooth out lines on and around her mouth.

**"You can't get results like this using just fillers. Surgery corrects laxity and repositions fat to really address aging."**

YEAR 3 - AT AGE 51

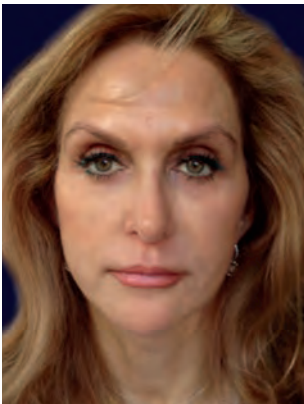


**What was done:**

To even out her skin tone, the Pixel fractionated laser was used. Botox was injected to smooth out lines and Juvéderm was injected to add volume. She also followed a skin-care regimen to keep her skin moisturized.

**"The laser helped with lines around her mouth. I also liked to use Juvéderm on her because I could control it well."**

YEAR 7 - AT AGE 55



**What was done:**

Injections of Juvéderm in her upper and lower lids and under her brow, Botox in her forehead, Juvéderm Voluma in her midface and temples and Belotero around her mouth.

**"Fillers are great options because they are quick and give good results—patients love the look they get. They can completely correct deflated areas."**

**"If you want to look good, you have to take care of it all, and that includes restoring facial fullness, having surgery and taking care of your skin."**  
—DR. ASAADI

**WITH A LITTLE HELP**

While great skin care and sun avoidance are important to maintain a youthful appearance, sometimes a little more intervention may be needed. With the help of surgery, lasers, fillers and injectables, and longer-lasting injectables like Sculptra Aesthetic, your face can look its best. Addressing signs of aging with these treatments and procedures can result in skin that's smoother, firmer, tighter and more youthful-looking overall.

**LOOK BETTER NOW!**

*Turn to page 193 to find a top doctor.*

youthful

**KEEPING IT UP**

Fillers are supplemental to surgery. Even if you get your face or eyes done, you still need to maintain your results with the appropriate injectables.

NEJLA,  
AGE 56

**"Maintaining your results includes having repeat treatments as needed to keep everything in good shape."**  
—DR. ASAADI



# ADDRESS AGING EYES

By

**DR. MOKHTAR  
ASAADI**

ASAADI PLASTIC SURGERY  
NEW YORK, NEW YORK  
WEST ORANGE, NEW JERSEY

**D**

ouble board-certified plastic surgeon Dr. Mokhtar Asaadi says his biggest critic is himself, and he wouldn't have it any other way. His philosophy: "If you are a perfectionist and you want to get the best results for your patients, you have to find better ways to achieve their goals. If something isn't right, do it again until it is perfect. Patients appreciate the extra time you spend." Patient safety is also of utmost importance to Dr. Asaadi. "Cosmetic surgery is elective surgery; there's no way I'd ever compromise a patient's well-being. During surgery we are constantly monitoring our patients and we perform procedures in hospital settings when they require more than four hours," he says. "There are never any shortcuts."

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*Providing the  
best care means  
seeking out the  
best techniques.*

## WHO I AM

1.

### WHAT SETS MY PRACTICE APART

I always focus on the whole picture. If a patient can't afford a procedure, I tell them to come back when they can—I don't want to take shortcuts because the results won't be what they are looking for

2.

### HOW MY PROFESSION HAS EVOLVED

I've changed many things I do today compared to when I started 30 years ago—I don't just keep doing the same thing over and over. If you're critical of yourself, you will improve your practice

3.

### WHAT I LOVE MOST ABOUT MY PROFESSION

I love what I do because it's fun. I like talking to people and taking care of them

4.

### MOST MEMORABLE PATIENT REACTION

I see an overwhelming majority of patients who are either friends or family members of patients I've treated in the past—it's very gratifying that they think so highly of me that they'd refer those who they are closest to

5.

### CAREER-DEFINING PROCEDURE

Under-eye rejuvenation—without the surgery. Many people have under-eye hollows or dark discoloration on their lower lids. I fix these areas using the hyaluronic acid filler Juvéderm, off-label. It's a very popular procedure and patients are incredibly happy with their results

6.

### THREE WORDS THAT BEST DESCRIBE ME

Pioneer, perfectionist, caring

7.

### THE MOST OUTRAGEOUS MEDICAL MYTH I'VE HEARD

That plastic surgery is just a nip and tuck—it's not. To get a good result, there is a lot of effort involved for both the doctor and the patient, and I want my patients to be informed about their procedures so that they understand the entire process

8.

### MY MOTTO

I won't rush into the room and inject someone—you can't take shortcuts and you must be sure everything is done right



## ABOUT DR. ASAADI

Dr. Asaadi completed his post-doctoral training at Sloan Kettering Hospital in New York, Southern Illinois University, Manhattan Eye, Ear and Throat Hospital and St. Barnabas Medical Center in New Jersey, where he currently serves as chairman of the plastic surgery department.

## MY CREDENTIALS

**Medical Degree**  
Pahlavi University  
Medical School

**Board Certification**  
American Board  
of Plastic Surgery

American Board of Surgery

## CONNECT

Visit the doctor's gallery of **before-and-after** photos at: [newbeauty.com/asaadi](http://newbeauty.com/asaadi)

## Locations

New York, New York  
West Orange, New Jersey

## Phone

973.731.7000

[asaadiplasticsurgery.com](http://asaadiplasticsurgery.com)



## A FEW OF MY SPECIALTIES...

Botox® / Juvéderm® Voluma  
Nonsurgical Lower Eyelid  
Rejuvenation  
Injections for the Midface  
Belotero® for Fine Perioral  
Lines  
Facial Lasers  
Fat Transfer to the Face  
Hands / Breasts / Buttocks  
Facelift / Necklift  
Blepharoplasty  
(Eyelid Surgery)