

Dr. Mokhtar Asaadi

Asaadi Plastic Surgery

New York, New York

West Orange, New Jersey

ASK DR. ASAADI

HOW FREQUENTLY DO YOU COMBINE PROCEDURES?

I perform combination surgeries very often. For example, when I perform the core abdominoplasty technique, I frequently lift the waistline, as well. I may also want to liposuction the flanks and/or back to really cinch the mid-section.

IN TERMS OF FACIAL SURGERIES, DO YOU ALSO LIKE TO COMBINE TECHNIQUES?

Absolutely. The secret to patient satisfaction and impressive results is the individualization of surgeries. This requires the combination of different modalities. For example, a patient may need a facelift as well as both an upper and lower eyelid lift to globally address the face.

HOW DO YOU DETERMINE THE BEST PROCEDURES TO PAIR EACH PATIENT WITH?

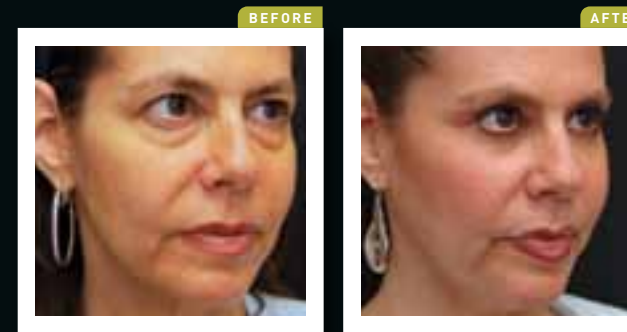
My evaluation includes discussing patients' goals, assessing their aging symptoms, listening and then offering up a variety of suggestions.

HOW DO YOU PUT PATIENTS AT EASE?

Today's patients are educated. You cannot fool people. If you spend time with them and explain why you are doing everything you are doing, they understand and feel confident about the procedure.

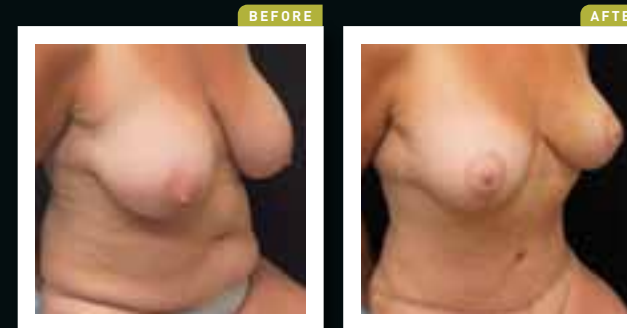
Longer-lasting lower blepharoplasty

"Anything that happens to you, whether it's emotion, dietary or sleep related, shows up in your lower eyelids," Dr. Asaadi says. Having youthful-looking eyes goes a long way to improving how healthy and vibrant you look overall, but, when considering lower eyelid surgery, it's important to consult with a plastic surgeon who is up to date on the latest techniques on lower blepharoplasty. "This is a very unforgiving procedure," Dr. Asaadi says. "If you don't do everything perfectly, eventually every small mistake is going to show." Traditionally, lower blepharoplasty focused solely on the removal of the skin, muscle and fat. Today, Dr. Asaadi focuses more on tightening all the layers of the lower eyelid and repositioning fat while removing as little skin as possible to better shape the eyes. "This operation takes me longer to do, and the recovery is longer, but there is no comparison between the results." Dr. Asaadi says. "This method produces more natural-looking and longer-lasting results."



EYE OF THE BEHOLDER

Always aware of her tired-looking eyes due to regular comments from people concerned about her sleeping habits, this 45-year-old patient wanted to do something that would cause people to comment on her eyes in a positive way. After consulting with Dr. Asaadi, she underwent a bilateral upper and lower blepharoplasty. Paying close attention to the anatomy of the upper and lower eyelids, Dr. Asaadi was able to give her a healthier, more rested look.



BEACH-READY BEAUTY

Wanting to not only look good but feel good while wearing a bathing suit, this 52-year-old patient sought out Dr. Asaadi to make her dream reality. "We opted for a breast reduction, tummy tuck and liposuction to balance her figure, giving her a more feminine curvaceous body," Dr. Asaadi says. "Now she can go to the beach with newfound self-assurance."

“more than 90 percent of my patients are referral-based”

MEET THE EXPERT

Dr. Mokhtar Asaadi

American Board of Plastic Surgery
American Board of Surgery

PROCEDURES PERFORMED

Body Contouring
(Liposuction and
Tummy Tuck)
Breast
Enlargement/Reduction
Face and Eyelid Surgery
Nasal Surgery (Rhinoplasty)
Nonsurgical
Facial Enhancement

ABOUT DR. ASAADI

DO YOU SEE A LOT OF REPEAT PATIENTS?

I'd say about 30 to 40 percent of my practice is dedicated to repeat patients.

HOW HAS WORD-OF-MOUTH BUZZ SERVED YOU WELL?

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


HOW IMPORTANT IS PATIENT SAFETY TO YOU?

Patient safety is of the utmost importance. Cosmetic surgery is elective surgery; there's no way I'd ever compromise a patient's well-being. During surgery we are constantly massaging patients' legs to promote circulation, monitoring patients' urine output and performing procedures in hospital settings when they require more than four hours. There are never any shortcuts.

MEDICAL DEGREE
Pahlavi University Medical School

LOCATIONS
New York, New York
West Orange, New Jersey

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 To learn more about the practice visit
asaadiplasticsurgery.com