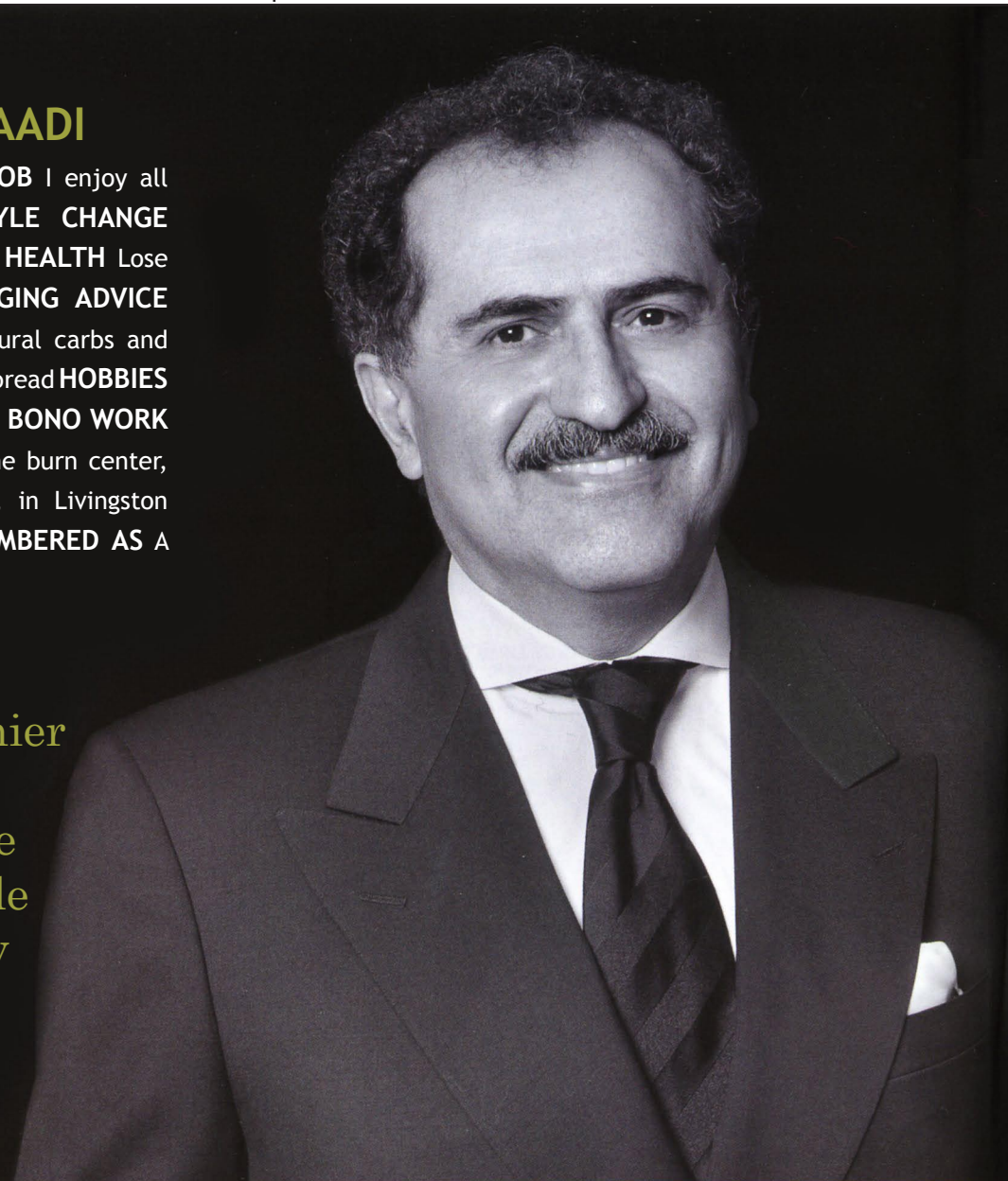


DR. MOKHTAR ASAADI

FAVORITE PART OF YOUR JOB I enjoy all aspects **WHAT ONE LIFESTYLE CHANGE COULD MOST BENEFIT OUR HEALTH** Lose weight and be active **ANTI-AGING ADVICE** Avoid diets. Just eat more natural carbs and avoid white carbs, like pasta and bread **HOBBIES** Skiing and horseback riding **PRO BONO WORK** I work on burn patients with the burn center, Saint Barnabas Medical Center, in Livingston **I WOULD LIKE TO BE REMEMBERED AS A** decent human being

People are healthier inside, so they want to make sure the outside reflects the way they feel inside.

-MOKHTAR ASAADI MD, FACS



THE LATEST IN LIPOSUCTION TREATMENTS

From liposuction to gastric bypass, various procedures can help obese people lose weight. But what about those with trunkal obesity- people genetically predisposed to have lean necks and extremities, but whose torsos are heavy, and for whom dieting, exercising or even gastric bypass simply won't help. For these people, one solution is **VASER LIPOSELECTION**. In this procedure, Dr. Asaadi targets the areas of fat hardest to lose - the chest wall, upper and lower back, hip rolls and abdomen, as well as the pubic area and gynomastia (male breasts). Through a small incision, a "cannula" is inserted to emulsify fat through ultrasound energy. Once broken down, the **FAT IS REMOVED** through liposuction. LiopSelection allows doctors to target larger, hard-to-target areas beset by hard, fibrous fat. Using Vaser, quite often the fibers that hold the skin to the muscle and fascia remain intact, allowing the skin to contract. If the skin hasn't contracted after several months, the patient can undergo a breast or body lift or a tummy tuck. The results can be astonishing and relatively permanent, especially for people who thought their genetics meant a lifetime of obesity. "All of a sudden, someone who had a crippling problem has become a different person."

INSIDE INFORMATION

a harmonious new you

The human body should be harmonious. From the face and neck, the torso and through to the extremities, the natural symmetry and scale of the body should present a balanced, beautiful appearance.

The ability to craft or enhance the image is what allows a plastic surgeon to make a dramatic difference in a patient's life. Mokhtar Asaadi, MD, creates that harmony. For almost 25 years, he has become known for such procedures as blepharoplasty, liposuction and body sculpting, breast augmentation and tummy tucks. But he knows that symmetry can be elusive, so he also addresses those areas frequently overlooked in people's quest for proportion. Some physicians, for example, will perform a tummy tuck without addressing the pubic area. With puboplasty, excess fat and skin are removed, and a natural shape and form flow freely through the entire midsection.

Dr. Asaadi is a skilled plastic surgeon whose practice is dedicated to cosmetic enhancement procedures, both surgical and nonsurgical, including Botox®, fillers and laser treatments. He also performs the Contour Threads™ procedure, using special sutures in a minimally invasive operation that lifts the face and neck. The result is improved appearance and a faster recovery. No matter the procedure, each prospective patient undergoes intensive interviews with the doctor and his staff. Nurses and coordinators spend several hours discovering patients' concerns and hopes. Then, the doctor meets with the patient, carefully comparing his or her expectations with the procedure's likely outcome. No shortcuts. No compromises. And certainly, Dr. Asaadi says, no magic remedies or quick fixes for complex cases. Still, the goal remains the same: To get patients back to life faster, and with as little swelling, bruising and pain as possible. After all, in the search for harmony, that's everyone's ultimate goal.

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 AND 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 Fellow 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
973.731.7000

WEB SITE

www.asaadiplasticsurgery.com