

# ADDRESS AGING EYES

By

## DR. MOKHTAR ASAADI

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

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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 ARE YOU BEST KNOWN FOR?

My honesty

2.

#### WHAT IS YOUR MOST REQUESTED PROCEDURE?

Blepharoplasty

3.

#### WHAT IS YOUR SURGICAL NICHE?

My surgical niche is obsession and perfection in what I do. Rhinoplasty and lower blepharoplasty are two of the most difficult procedures in aesthetic plastic surgery. I love to do both because they are challenging and when done correctly, the results are breathtaking

4.

#### WHAT ACCOLADES MEAN THE MOST TO YOU?

The happiness and satisfaction of my patients

5.

#### WHAT TREND DO YOU THINK PEOPLE STILL DON'T GET?

Patients are looking for magic bullets and miracles! They want the best results with no downtime and fast recovery. I always tell them as a general rule that more aggressive treatments have longer recovery times but ultimately have better results. But as physicians and experts in what we do, we must spend the time with every patient to know exactly what they want while considering their lifestyle in order to offer them the proper treatment

6.

#### WHAT SURGICAL TRENDS ARE YOU SEEING AT YOUR PRACTICE?

The demand is high for less-invasive procedures with no downtime and immediate results. This is the main reason that injectables like Botox Cosmetic and fillers are so popular in my practice. Just like surgical procedures, it takes many years of experience to get excellent results with these noninvasive procedures. Every patient has a different anatomy and each procedure should be custom made for each one



#### A Younger Look

To achieve a full facial rejuvenation, this 50-year-old patient underwent a facelift, necklift, rhinoplasty, an upper and lower blepharoplasty and Botox Cosmetic for her forehead.

PHOTOGRAPH BY: JONATHAN BECKERMAN

#### THREE WORDS THAT BEST DESCRIBE ME

Pioneer, perfectionist, caring

#### MY DREAM INNOVATION

A solution to the mystery about fat and metabolic changes; discovering how to control hormones secreted from fat cells

#### 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® Cosmetic  
Juvéderm® Voluma  
Nonsurgical Lower Eyelid Rejuvenation  
Nonsurgical Facial Rejuvenation  
Fat Transfer to the Face  
Hands / Breasts / Buttocks  
Facelift  
Necklift  
Blepharoplasty  
Mommy Makeover (Breast Enhancement / Body Contouring)  
VASER® Liposuction  
CORE™ Abdominoplasty