

# Mark Mofid

Founder and Board-Certified Surgeon at M. Mofid M.D. FACS Plastic & Reconstructive Surgery in La Jolla, California

**Phone:** 858.909.9000

**Address:** 4150 Regents Park Row, Suite 300  
La Jolla, California 92037

**Website:** <http://www.drmofof.com/>

*Dr. Mark Mofid is a Plastic and Reconstructive Surgeon certified by both the American Board of Plastic Surgery and the American Board of Facial Plastic and Reconstructive Surgery. He serves as a diplomate on both these boards. Dr. Mofid has had his boutique practice in La Jolla, part of the Greater San Diego area, since 2004. Procedures that he performs include facelifts, rhinoplasty, breast and gluteal augmentations, liposuction and mommy makeovers. Additionally, Dr. Mofid serves an Associate Clinical Professor of Plastic Surgery at UC San Diego.*

## EXPERIENCE

### M. Mofid M.D. FAC Facial & Reconstructive Plastic Surgery

2004 to present

#### Founder and Board-Certified Plastic Surgeon

Dr. Mark Mofid is a board-certified plastic surgeon in the La Jolla/San Diego area. He provides state-of-the-art aesthetic and reconstructive procedures in his warm and friendly boutique office. His practice is committed to providing compassionate and personalized care for his patients. Dr. Mofid takes as much time as necessary to visit with his patients and gain a clear understanding of their goals. He works with them to determine the best way to achieve their desired results.

Dr. Mofid is well-known in the medical community for his artistic and technical skills. He performs a variety of procedures including mommy makeovers, breast and gluteal augmentations, liposuction, and facelifts.

Medical Board of California Licensure #A83432

### University of California in San Diego, CA

2004 to Present

#### Associate Clinical Professor of Plastic Surgery

Since 2004, Dr. Mark Mofid has volunteered to be a part of UC San Diego's faculty in their Plastic Surgery Department. In 2011 - 2012, he also served on the school's faculty for the UCSD Aesthetic Fellowship. Dr. Mofid has guided and mentored residents in the Plastic Surgery Division at UC San Diego helping them develop the skills they need to eventually build their own independent plastic surgery practice.

### American Board of Facial Plastic & Reconstructive Surgery

September 2007 to Present

#### Diplomate

Becoming a Diplomate of the American Board of Facial Plastic & Reconstructive Surgery (ABFPRS) is a rigorous process. To receive this distinction, Dr. Mark Mofid had to complete an accredited residency program, earn his certification from the American Board of Plastic Surgery, successfully complete a highly specialized two-day exam, and have peers review at least 100 of his surgical cases.

### American Board of Plastic Surgery

November 2006 to Present

#### Diplomate

Dr. Mark Mofid became a Diplomate of the American Board of Plastic Surgery in 2006 and is recertified until November 2026. This certification requires plastic surgeons to follow the highest standards of expertise and training. Dr. Mofid has demonstrated his dedication to ethical practices in cosmetic surgery and provides a high level of care to all his patients at his La Jolla practice.

### The American Society for Aesthetic Plastic Surgery, Inc

July 2016 to Present

#### Chairman of the ASERF Gluteal Fat Grafting Task Force

After concerns surfaced over the safety of gluteal fat grafting procedures, Dr. Mark Mofid and his colleagues set out to discover the incidence rate of both fatal and nonfatal pulmonary fat embolisms that are associated with fat grafting. Their research included responses from 692 different plastic surgeons on these cases. Their goal was to provide recommendations that could minimize the risks associated with the procedure. Dr. Mofid led this task force as its Chairman.

## EDUCATION

### Johns Hopkins University School of Medicine

2004

#### Medical Fellowship

Dr. Mark Mofid completed his fellowship at the prestigious Johns Hopkins University School of Medicine, including an advanced craniofacial fellowship in 2004.

### Johns Hopkins University School of Medicine

2002

#### Medical Residency

As a medical doctor, Dr. Mark Mofid was required to complete a residency. His was completed at the Johns Hopkins University School of Medicine.

### Johns Hopkins University School of Medicine

1997

#### Medical School

Dr. Mark Mofid completed his medical school training through the Johns Hopkins University School of Medicine.

### Harvard Univeristy

1993

#### Bachelor of Arts

Dr. Mark Mofid graduated magna cum laude from Harvard University, where he graduated first in his class.

## SKILLS

Reconstructive Surgery, Plastic Surgery, Rhinoplasty, Microsurgery, Breast Augmentation, Liposuction, Tummy Tuck, Body Contouring, Medicine, Medical Research

## HONORS

### Castle Connolly Top Doctor

2015, 2016, 2017

#### Castle Connolly Medical Ltd.

Castle Connolly is a physician-led research team that reviews and screens doctors who are considered the most outstanding healthcare providers. Dr. Mofid and other physicians who received this honor completed an extensive nomination process.

### Best of the Best Cosmetic Surgeons

2015, 2016

#### San Diego Union Tribune

The San Diego Union Tribune is a long-standing and well-regarded newspaper local to the San Diego area. It featured Dr. Mark Mofid two years in a row as one of its Best of the Best Cosmetic Surgeons.

### San Diego Top Doctors, Physicians of Exceptional Excellence

2013, 2014

#### San Diego County Medical Society and San Diego Magazine

Dr. Mark Mofid received this prestigious local award, which recognized his outstanding work as a plastic surgeon, two years in a row.

### Ralph Millard Best Presentation Award

2012

#### Canadian Society for Aesthetic Plastic Surgery

Dr. Mark Mofid was honored at the Society's 39th Annual Meeting for his outstanding presentation.

### Top Doctor

2011

#### San Diego Chamber of Commerce

Dr. Mark Mofid was awarded Top Doctor for his outstanding work and business practices by the San Diego Chamber of Commerce.

### San Diego Super Doctor

2011

#### San Diego Union Tribute

Dr. Mark Mofid received this award as one the top five percent best doctors in San Diego County. He was voted in by his peers and a panel review.

## Best Plastic and Cosmetic Surgeons

2011, 2012, 2013

### Plastic Surgery Practice Magazine

Plastic Surgery Practice Magazine recognized Dr. Mofid three years in a row as one of the top plastic surgeons.

## Top Plastic Surgeon

2011

### The International Association of Plastic Surgeons

Dr. Mofid was recognized on a global level by the International Association of Plastic Surgeons as a top-rated physician.

## PUBLICATIONS

### Report on Mortality from Gluteal Fat Grafting: Recommendations from the ASERF Task Force

January 2017

#### Aesthetic Surgery Journal

Dr. Mofid and his colleagues formed a task force to study the numerous anecdotal and published reports on pulmonary fat embolisms resulting from gluteal fat grafting. The study was funded by the Aesthetic Surgery Education and Research Foundation (ASERF). This publication reports the findings of the task force.

The co-authors of this report are Steven Teitelbaum, MD, FACS; Daniel Suissa, MD, MSc, FRCSC; Arturo Ramirez-Montañana, MD; Denis C. Astarita, MD; Constantino Mendieta, MD, FACS; and Robert Singer, MD, FACS.

<http://www.drmodid.com/files/2012/10/Manuscript-Mofid-Gluteal-Fat-Grafting.pdf>

### Buttock Augmentation with Silicone Implants: A Multicenter Survey Review of 2226 Patients

April 2013

#### PRS Journal

This publication reported the findings of a study on gluteal silicone implants. Even though the procedure had been performed over 30 years, there were no studies, until this one, that examined the complication rates of the procedure.

Dr. Mark Mofid co-authored this report with the following colleagues: Raul Gonzalez, M.D. Jose' Abel de la Pen~a, M.D. Constantino G. Mendieta, M.D. Douglas M. Senderoff, M.D. Soheila Jorjani, Ph.D

[http://www.drmodid.com/files/2016/03/silicone\\_butt\\_aug.pdf](http://www.drmodid.com/files/2016/03/silicone_butt_aug.pdf)

### Acellular Dermal Matrix in Cosmetic Breast Procedures and Capsular Contracture

February 2011

#### Aesthetic Surgery Journal 2011 31: 77S

The intent of this article, written by Dr. Mofid, is to examine the etiology and pathophysiology of capsular contracture. It also reviews the literature that currently exists on acellular dermal matrix in breast surgery as it relates to capsular contracture.

[http://aes.sagepub.com/content/31/7\\_suppl/77S](http://aes.sagepub.com/content/31/7_suppl/77S)

### Pocket Conversion Made Easy: A Simple Technique Using Alloderm to Convert Subglandular Breast Implants to the Dual-Plane Position

January/February 2009

#### Aesthetic Surgery Journal

Dr. Mark Mofid and his colleague, Dr. Navin K. Singh, MD, coauthored this publication on the advantages of dual-plane, partially submuscular breast implants. They reviewed this type of procedure vs. other breast implant procedures and published their findings in the Aesthetic Surgery Journal.

[http://www.drmodid.com/files/2016/03/mofid\\_published\\_07.pdf](http://www.drmodid.com/files/2016/03/mofid_published_07.pdf)

## CERTIFICATIONS

### Board-certified Plastic Surgeon

American Board of Plastic Surgery

### Board-certified Plastic Surgeon

American Board of Facial Plastic and Reconstructive Surgery