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Dr. Mustafa Ahmed

At a time when personal confidence and physical wellness are closely connected, Dr. Mustafa Ahmed, founder of Las Vegas Body Sculpting and Aesthetics, has built a practice dedicated to helping patients achieve natural, transformative results through advanced surgical techniques and personalized care.

A triple board-certified physician in general surgery, surgical critical care and internal medicine, Dr. Ahmed brings an

Combines Surgical Expertise and Global Training to Advance Body Contouring and Cosmetic Surgery in Las Vegas

BY JEREMY MURPHY

BEAUTY & HEALTH

unusually broad medical background to cosmetic surgery and aesthetic medicine. He completed his medical education at The Ohio State University College of Medicine, followed by residency training in internal medicine at Mount Carmel Medical Center and general surgery at Morehouse School of Medicine. He later completed fellowship training in bariatric surgery and surgical critical care, further strengthening his expertise in complex surgical care and patient safety.

Early in his career, Dr. Ahmed focused heavily on weight loss and bariatric surgery, helping patients achieve dramatic health improvements through surgical weight reduction. However, he soon noticed an important pattern among many of his patients.

"After losing a significant amount of weight, many of my patients were healthier and happier, but they were left with excess skin that affected their confidence," Dr. Ahmed explains. "I realized that helping them complete that transformation meant addressing the physical changes that come after major weight loss."

That realization inspired him to expand his surgical expertise into body contouring and cosmetic surgery, where he could help patients complete their transformation. Procedures such as tummy tucks, liposuction, breast lifts and breast augmentation became central to his practice, particularly for patients who had undergone major weight loss or experienced body changes after pregnancy.

Today, Dr. Ahmed specializes in body contouring procedures designed to restore natural body proportions and improve confidence. His background in both bariatric and general surgery gives him a unique perspective when treating patients who have undergone significant weight changes.

Las Vegas has become one of the most competitive cosmetic surgery markets in the country, attracting patients from across the United States and internationally. In this dynamic environment, Dr. Ahmed has distinguished his practice through a commitment to continuous education and

hands-on training with leading surgeons around the world.

Rather than relying solely on traditional training pathways, he regularly travels internationally to refine his techniques. His advanced training has taken him to Italy, Turkey, Portugal, Brazil, Mexico and throughout the United States, where he studies with surgeons known for excellence in specific procedures.

"I believe surgeons should never stop learning," he says. "Whenever I identify someone who is doing exceptional work in a particular technique, I make it a priority to study with them and bring those insights back to my patients."

Inside Las Vegas Body Sculpting and Aesthetics, Dr. Ahmed works with a dedicated team focused on delivering a highly personalized patient experience. Every surgical journey begins with a detailed consultation designed to fully understand a patient's goals and expectations.

During these consultations, Dr. Ahmed uses a visual approach to ensure clear communication and realistic outcomes.

"I have patients stand in front of the mirror and show me exactly what they would like to change," he explains. "Then I walk them through what can realistically be achieved and how we can accomplish that safely."

Using surgical planning and detailed

markings, he explains how procedures such as liposuction, muscle tightening and skin removal can reshape the body while maintaining natural contours.

"Patient safety always comes first," he says. "Careful preparation and patient selection are essential for achieving the best outcomes."

He has also seen a steady increase in male patients seeking cosmetic procedures, reflecting evolving attitudes toward personal appearance and professional confidence.

"Men today are increasingly comfortable investing in their health and appearance," Dr. Ahmed notes. "Looking refreshed and healthy can make a meaningful difference both personally and professionally."

Looking ahead, Dr. Ahmed continues to expand his practice by incorporating advanced surgical techniques, minimally invasive technologies and skin-tightening treatments that complement body contouring procedures.

Yet his mission remains straightforward: combine surgical precision, medical expertise and individualized care to help patients feel confident in their own skin.

"For me, cosmetic surgery is about more than appearance," Dr. Ahmed says. "It's about helping patients feel like the best version of themselves." **P**

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