

A professional portrait of Bryan G. Forley, a man with a receding hairline, smiling. He is wearing a dark grey suit jacket, a light blue dress shirt, and a patterned tie. The background is a textured, mottled brown and blue. The text is overlaid on the lower half of the image.

Long Island Born **Plastic Surgeon**
Bryan G. Forley

A Well Trained Artistic Eye Meets
the Adventurous Spirit of a World Traveler

by Wendy Lewis

When it comes to plastic surgery, state-of-the-art technique is a necessity, but an aesthetic sensibility is ultimately what will deliver satisfying, pleasing and natural results. Such are the benefits offered by Dr. Bryan G. Forley, a board certified plastic surgeon who specializes in facial, breast, and body contouring procedures.

From the moment you enter his private practice, located in an architecturally distinguished townhouse in Manhattan, you know you are in the realm of a man with a keen artistic eye. The Metropolitan Museum of Art is just one block away and its influence can be felt in the office's elegant furnishings and inviting ambiance that immediately set patients and visitors at ease. This tranquil environment is reflected in the calm demeanor of Dr. Forley, who is valued by his patients for being an excellent listener.

This aesthetic approach is supported by a career steeped in noteworthy academic training. Dr. Forley earned an A.B. in Bio-Medical Ethics from Brown University in 1979 before graduating from the Mount Sinai School of Medicine in 1984. He next completed a general surgery residency at New York University and the Mount Sinai Medical Center followed by a Plastic Surgery Research Fellowship at Duke University Medical Center. His training continued at the Saint Francis Memorial Hospital in San Francisco, where he completed his residency in plastic surgery. A highly coveted fellowship in aesthetic surgery with one of the world leaders in facelift surgery, Dr. Bruce F. Connell in Santa Ana, California, is among his numerous honors. He also has been voted among New York Magazine's "Best Doctors", and selected for inclusion in the "SuperDoctors®" Guide to the Top New York City Physicians.

Innovative Techniques

In private practice since 1994, Dr. Forley is at the forefront of advanced techniques, which allow him to customize and tailor fit the best treatment plan for each patient. High on his

list is a commitment to less invasive, natural looking surgery that also results in less scarring and quicker recovery time, which is what most people desire. For example, the MACS-Lift (Minimal Access Cranial Suspension) is a short scar facelift developed by a Belgian plastic surgeon, which gives an un-operated appearance with minimal scars.

"With the MACS-Lift, I use a series of sutures that are woven through the deep fibrous layers of the face called the SMAS. These sutures are tightened to enable volume restoration of the cheeks and rejuvenation of the lower face and neck. Excess skin is removed through small, well concealed incisions and the results are a rejuvenated appearance without distortion and with minimal recovery time," Dr. Forley said.



Dr. Forley utilizes the full gamut of procedures for improving his patients' appearance, from surgical to minimally invasive to non-surgical techniques. "Often patients will come in for a consultation, convinced they are ready for a face or neck lift, and I will redirect their attention to the myriad of non-invasive alternatives offered by lasers, ultrasound, and injections," he said.

One of the newest additions to his repertoire is Ultherapy®, a non-surgical technology that uses ultrasound to lift and tone the skin without downtime. Focused sound waves target the



58 year old female 4 months following facelift and upper & lower eyelid surgery

deep layers of the face and neck that have lost elasticity and firmness over time. The ultrasound energy affects the supportive structure of the face without disrupting the skin. "Ultherapy® has added a new dimension to my practice," Dr. Forley said. "It's perfectly suited for women and men who are not ready for a surgical lift, but want a visible contour change. You can see initial results immediately, but continued building of new collagen and skin tightening will occur over three to six months following treatment."

Dr. Forley combines a select range of non-surgical and minimally invasive treatments to deliver greater and longer lasting results. For example, Ultherapy® can be followed up by a Fraxel re:store® Dual laser treatment. While Ultherapy® increases elasticity and firmness, Fraxel targets, wrinkles, pigmentation, and acne scars. It uses two energy wavelengths that are delivered in a fractional manner – that is they treat microscopic areas of the skin that are surrounded by untreated sites. This results in rapid initial healing with only short-term redness and some swelling. "The Fraxel re:store® Dual laser is incredibly flexible and can be used to treat the face, neck, chest, and hands," Dr. Forley said. "Great results can be achieved in only three or four sessions; even treatment of more severe wrinkles is possible with less risk and recovery time than offered by other laser devices."

Dr. Forley's aesthetic palette also includes the full range of fillers and toxins that are currently available to enhance and rejuvenate without surgery. An expert injector, he will often use BOTOX® in concert with Fraxel rejuvenation to decrease intense frown or smile lines. Injecting BOTOX®

before laser treatment will deliver smoother results, he said. For increasing volume to create a more youthful appearance, Dr. Forley chooses from a variety of options including dermal fillers Juvederm®, Restylane®, and Radiesse®, as well as fat grafting. He is also a big proponent of Sculptra® Aesthetic, which actually stimulates the production of the skin's own collagen.

He also offers peels, microdermabrasion and cosmeceutical grade skincare before and after aesthetic procedures to max-

imize the benefits and prolong the duration of results. Among the most favored brands featured are the non-hydroquinone peptide-based skin brightening range from Lumixyl®, SkinMedica® peels and advanced anti-aging products from SkinCeuticals®.

Partnership with Red Door

His immeasurable skills as an injector are recognized beyond his own patient population. Dr. Forley serves as the Medical Director of the Elizabeth Arden Red Door Spa flagship on Fifth Avenue in Manhattan, as well as in Garden City and Woodbury, Long Island. In the beautifully relaxing setting of Red Door, Dr. Forley offers a selective menu of advanced medical procedures, including BOTOX® Cosmetic, Restylane®, Perlane® and Juvéderm®, as well as Sculptra® Aesthetic. He recently added Ultherapy® to the offering on selected Sundays.



children and adults in need of surgery, particularly cleft lip and palate repairs. As Dr. Forley said, "I think it is important for plastic surgeons to devote at least some time to working with people who truly need our help to improve the quality of their lives. The grateful smiles on the faces of children and their parents tell the whole story. It has been one of the most rewarding experiences of my career."

When not volunteering or working, Dr. Forley maintains close-knit relationships with his family. He grew up on Long Island and is one of three children. His father founded the uber popular Forley Jewelers



"BOTOX® is one of the most common requests from Elizabeth Arden clients. The injections are frequently part of a 'Day Of Beauty' package and will add the finishing touch to the restorative anti-aging facials performed by the spa's aestheticians," Dr. Forley said. He specializes in an anti-aging regimen of Juvederm® or Restylane® with BOTOX® Cosmetic to reduce wrinkles and improve facial contours.

International Travel and Volunteer Surgery

Dr. Forley has a love for international travel that has led him to visit all seven continents. His journeys include trekking in the Himalayas, mountain climbing in Borneo, scuba diving in the Indian Ocean, biking in Namibia, canoeing in Madagascar, and exploring the glaciers of Patagonia and Antarctica. He has honed his photographic talent by capturing images of people from around the globe and of the animal kingdom in Africa, Asia, and South America. In addition, Dr. Forley has volunteered his reconstructive skills on surgical expeditions to remote places such as Palau, Micronesia, and Peru to help

in Lawrence, New York more than 50 years ago. His brother Glenn Forley is a Harvard-trained architect who teaches and writes about his profession. Diane Forley, his sister, is a renowned chef and restaurateur. Along with her husband Michael Otsuka, Diane founded Flourish Baking Company (flourishbakingcompany.com) in Scarsdale, New York, which specializes in healthy delights made with combinations of whole grains, vegetables, and fruits that are sold at specialty grocers including FreshDirect.com and Whole Foods. Dr. Forley is also the very proud uncle of Olivia, age 10, and Adam, age 7. ❖

Bryan G. Forley, M.D., F.A.C.S., 5 East 82nd Street, New York, NY 10028 212.861.3757 drforley.com