

# SOCIAL

Beauty

## Because Beauty Is A Choice

By [Olivia Rahim](#) | March 11, 2021

A leader in the industry, Dr. Bryan G. Forley is a plastic surgeon certified by the American Board of Plastic Surgery. After graduating from Brown University in 1979, Dr. Forley received his medical degree from the Mount Sinai School of Medicine and trained in general surgery at New York University Medical Center and the Mount Sinai Medical Center. His residency in plastic surgery was completed at the Saint Francis Memorial Hospital in San Francisco and was followed by aesthetic surgery and craniofacial surgery fellowships. Dr. Forley is a member of the American Society of Plastic Surgeons and The Aesthetic Society. He is also a fellow of the American College of Surgeons and a member of the American Society for Laser Medicine and Surgery. Considered one of NYC's top aesthetic surgeons, Dr. Forley has been voted among New York Magazine's "Best Doctors" and has been selected for inclusion annually in the Castle Connolly "Top Doctors" Guide, as well as the "SuperDoctors" Guide to the Top New York City Physicians.

Dr. Forley has been in private practice in Manhattan for more than 25 years with an office on the Upper East Side that includes a Joint Commission accredited office-based surgery facility. He is affiliated with Mount Sinai Beth Israel, the New York Eye and Ear Infirmary of Mount Sinai, and Mount Sinai West hospitals. He specializes in cosmetic surgery of the face, eyes, nose, breast, and body as well as FaceTite, BodyTite, AccuTite, Morpheus8, Evoke, Laser Resurfacing, Nordlys IPL, Ultherapy®, BOTOX® Cosmetic, Fat Grafts, and Injectable Fillers.

**OR: When did you know you wanted to become a plastic surgeon?**

**Dr. Forley:** I was interested in both medicine and architecture during high school. I decided after some volunteer hospital-based experiences to pursue a career in medicine but never forgot my attraction to architecture and design. When it came time to choose a specialty, plastic surgery seemed like a natural fit where I could combine medicine with the aesthetics of the human face and body.

**OR: Many people are confused by the differences between a plastic surgeon and a dermatologist? Can you please provide clarity?**

**Dr. Forley:** Plastic Surgery is a surgical specialty and Dermatology is a medical specialty. Although there is some overlap in non-surgical procedures, it is important to understand that plastic surgeons have extensive training in general surgery and plastic surgery which gives them an in-depth 3-dimensional understanding of the face and body. This is important not only when performing surgery but when treating patients with minimally invasive non-surgical procedures.

**OR: What is your specialty and how did you come to choose it?**

**Dr. Forley:** I tell my patients that I specialize in delivering excellent results. I gravitated towards aesthetic surgery as the primary focus of my practice because of the gratification I saw in patients not only in the improvement I was able to create in their physical appearance, but in their enhanced self-esteem and self-confidence.

**OR: Many people are always trying to maintain or look younger than their years. Any suggestions on how to stay ahead of the aging curve?**

**Dr. Forley:** My recommendation is to be proactive and start early so that the aging process will appear more gradual. Building a relationship with a trusted practitioner will help you to navigate aging changes while maintaining a natural look. Those who wait until later in life to undertake any efforts at self-improvement may have a more difficult time achieving their goals.

**OR: Given the pandemic, what are the safety protocols that you have implemented?**

**Dr. Forley:**

- Upon office entry: COVID-19 screening questionnaire, temperature check, hand hygiene, face mask for all patients & staff.
- Only one patient in the office at any time. Special needs are met on an individual basis.
- A mask is required to be used at all times in the office and will be replaced by a Pharma Systems Mini Filtration device when the mask must be removed for a procedure.

- Gowns and face shields are to be used when procedures are performed. We practice physical distancing whenever possible.
- COVID-19 PCR testing for all surgery patients. Physician and office staff testing as per CDC guidelines.
- Thoroughly clean and sanitize all treatment areas, frequently touched surfaces, and the bathroom between patient visits and throughout the day.
- We have installed a state-of-the-art air cleaning system to completely clean the office air of all potential aerosolized viruses and bacteria multiple times every hour and every 3 minutes in the operating room.
- Follow-up questionnaire of all office patients and contact tracing as indicated.

**OR: There are many lasers, and anti-aging treatments on the market. Which services are you using and what have the results been for many of your patients?**

**Dr. Forley:** I utilize energy devices to treat fine lines and wrinkles, face and body discoloration, facial capillaries and thread veins, superficial veins around the eye, venous lakes of the lip, spider veins on the legs, unwanted facial or body hair, and scars. The technologically advanced Nordlys system by Candela is used to deliver broad band light energy and laser treatments for a safe and effective treatment experience. Morpheus8 resurfacing treatments improve wrinkles, skin tone, surface texture, and scars with the use of microneedles that can be deployed to different depths to deliver radiofrequency(RF) energy to tighten, lift, and enhance the appearance of aging skin. I have found that these treatments can be used as stand-alone procedures or as a complement to the surgical treatments that we offer.

**OR: Morpheus8 and FaceTite are popular minimally invasive treatments. Can you please share what the procedure is like, downtime, etc.?**

**Dr. Forley:** FaceTite utilizes bipolar radio-frequency energy to achieve skin tightening in the face and neck without a scalpel or scars. The system only requires a needle entry point for the FaceTite applicator to be positioned immediately below the skin. Multiple tunnels are then performed with the applicator to deliver a safe level of precisely monitored heat that flows directly from the tip of the cannula to an external surface electrode. Any excess fat in the neck is contoured using liposuction. This controlled heating of the internal fibrous bands below the skin and the external skin surface is performed under local anesthesia, producing surgery-like lifting with less downtime and no scars. Results evolve gradually over 3-6 months and can be of several years duration.

Morpheus8 offers a non-surgical alternative to treat aging skin and provide significant improvements without the downtime, prolonged redness, or discoloration that can be drawbacks of other techniques. Skin rejuvenation and tightening are achieved by combining radiofrequency

energy and microneedling to improve skin laxity and contour. Morpheus8 consists of a handheld device with small needles that can be deployed to various depths below the skin surface. It is used to create tiny punctures in the skin through which a controlled level of radiofrequency energy is delivered to stimulate new collagen deposition and remodeling of the fatty layer. Skin quality and surface contours are thereby improved resulting in a more youthful appearance. The treatment consists of 3-6 sessions at monthly intervals to achieve the best results. This treatment can be used in combination with the companion procedures of FaceTite and/or BodyTite to provide enhanced skin tone improvement and contouring.

**OR: Are there treatments that are better for men than women?**

**Dr. Forley:** I would say that men are more inclined to undergo less invasive procedures. With the advent of RF energy treatments such as FaceTite, BodyTite, and Morpheus8, we can now offer a meaningful improvement in their aging appearance with less risk and minimal downtime compared to surgery.

**OR: What are some of your favorite fillers that you use on your patients? Can you explain the procedure and results? How long do they last?**

**Dr. Forley:** My approach to fillers is to analyze each patient as an individual and customize the filler selection to meet the needs of their particular situation. My preference is for hyaluronic acid fillers because of their great versatility and safety profile. In 2021, we have a wide variety of excellent fillers that are each designed to meet a specific need: higher density fillers for deeper volumizing effects, moderate density fillers for superficial placement to blend contours, fillers with added crosslinking technology for use in areas of animation, and low-density fillers for the improvement of etched lines and superficial wrinkles. Experience and aesthetic judgment is the key to delivering a natural result for the patient. The duration of effect varies depending on the choice of filler and the location but the general range is 12-24 months.

**OR: Please share the benefits of plastic surgery as opposed to non-invasive treatments.**

**Dr. Forley:** I embrace both surgical and non-surgical treatments to optimize results for my patients. In some cases, particularly in the early stages of aging, a non-surgical approach is indicated. However, as time goes on it is important to realize when surgery will deliver the best outcome. For example, overuse of injectable fillers can result in an unsatisfactory, overtreated appearance compared to a more natural, restorative surgical procedure designed to directly address the aging changes of the face and neck.

**OR: What are your interests outside of the operating room?**

**Dr. Forley:** I have a passion for travel and photography and have journeyed to all 7 continents capturing the incredible beauty of this planet with my camera.

<https://www.instagram.com/drforley/>

Most recently, I went on a scuba diving expedition in Antarctica which was my third visit to this otherworldly continent. Climbing Mount Kilimanjaro, exploring the remote highlands of Papua New Guinea, visiting tribal groups in Ethiopia, and photographing the incredible mountain gorillas of Uganda have all been highlights of my travels. I hope to resume my adventures once it is safe to travel again.

**OR: Tell us about your volunteer surgery missions to underserved countries.**

**Dr. Forley:** I have traveled abroad on a number of humanitarian surgical missions to operate on children born with deformities including cleft lip and palate and hand abnormalities. The local people also have a high incidence of post-traumatic functional problems with limited access to medical care. The life altering impact that these procedures have on those treated on the volunteer missions is summarized in the parting comment by the father of a 3-month-old child in Peru whose cleft lip I had just repaired, "My son will never forget you".

**OR: It was a pleasure speaking with you and I look forward to seeing you at your office soon.**

**Dr. Forley:** It was my pleasure and I very much look forward to it.

**Bryan G. Forley, M.D., P.C.**

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