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Modern Aesthetic Plastic Surgery founder Dr. Robert Skalicky (right) leads a surgical team that includes Dr. John-Paul Regan.

# Not Just a Cosmetic Change

Modern Aesthetic Plastic Surgery, the rebranded practice led by Dr. Robert Skalicky, offers elegant results in a practice built on safety, expertise, and concierge-like service.

by BILL DONAHUE photography by JODY ROBINSON

**Patients should expect something different,** something unique when they step through the doors of Modern Aesthetic Plastic Surgery. The name may sound unfamiliar to most, but the man behind the practice is among the region's most accomplished physicians in the realm of aesthetic medicine: board-certified plastic surgeon Robert Skalicky, D.O.

Modern Aesthetic Plastic Surgery represents a reimagining of Dr. Skalicky's practice, formerly known as Bucks County Plastic Surgery. The name is a nod to the practice's continued growth in the Greater Philadelphia Area. Having expanded from its roots in Newtown to a new office in King of Prussia, the practice intends to further expand its footprint with additional offices—first in Center City Philadelphia, and then across the Delaware River in New Jersey, likely in the Princeton area.

"When people think of our practice, they're going to think of quality, honesty, and concierge-like service," says Dr. Skalicky. "I've always offered those things in my practice, but people are going to see a new approach. We're a comprehensive practice, offering everything from skin care to hair transplantation to aesthetic surgery to cosmetic injectables. We offer the full gamut of plastic surgery."

The change is about much more than a new logo and a different name on the sign. Modern Aesthetic Plastic Surgery recently welcomed a new physician into the fold: John-Paul Regan, D.O. Dr. Regan is a plastic and reconstructive surgeon who takes pride in customizing his approach to each patient with honesty, respect, and attentiveness. He approaches each patient as a unique person with unique needs, and bases his care around an individualized treatment plan.

"I have been very impressed with Dr. Regan's surgical skill, compassion, aesthetic eye, and creativeness," says Dr. Skalicky, who trained Dr. Regan in residency. "He's also a perfectionist and has an amazing work ethic. He's fully trained in all areas of aesthetic surgery—facelift, eyelid surgery, breast augmentation, mommy makeovers, etc.—and he also has a strong background in breast reconstruction."

Dr. Regan completed his undergraduate degree with honors at Texas A&M University. He then graduated from medical school at the University of North Texas Health Science Center. His interest in the surgical arts brought him to New York City, where he completed his five-year residency in general surgery through New York Medical College at Wyckoff Heights Medical Center. During his time there, he realized the field of plastic surgery would best enable him to pursue his passion for problem solving, applied anatomy, and patient care. He then undertook formal training in plastic and reconstructive surgery at St. Joseph's Health in New Jersey, which he recently completed.

Dr. Regan holds a special interest in breast and facial reconstruction to restore the body's natural harmony. He has a unique eye for facial cosmetic procedures such as rhinoplasty, body-contouring procedures, fat grafting, and aesthetic breast surgery. Throughout his career, medical staff and patients alike have commended him for his compassion, integrity, and professionalism.

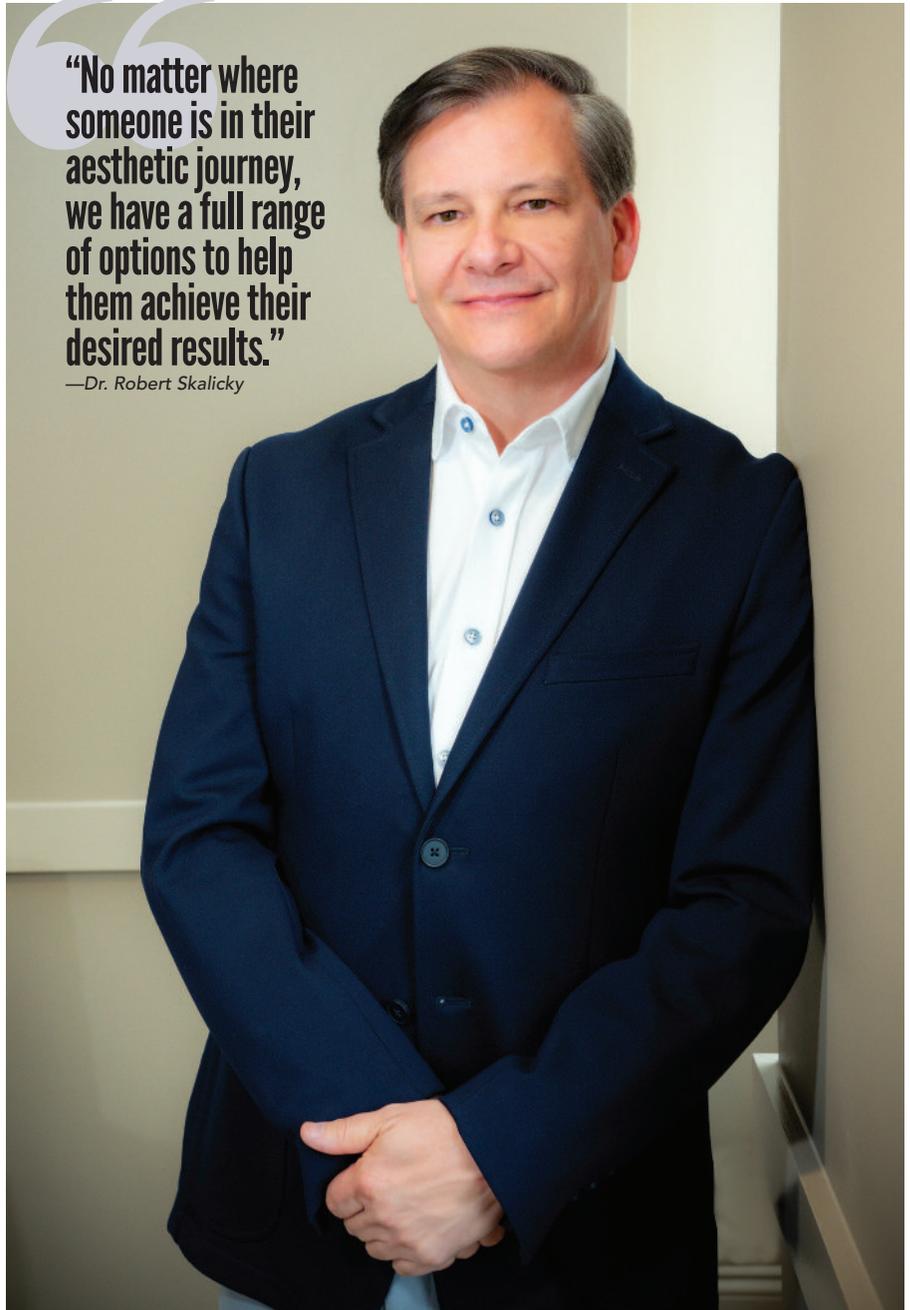
He has brought all those qualities to Modern Aesthetic Plastic Surgery, and he looks forward to working closely with patients.

### **Something for Everyone**

Modern Aesthetic Plastic Surgery prides itself on its multifaceted team approach. In other words, the practice offers the full range of cosmetic services—from the surgical to the noninvasive and everything in between.

**"No matter where someone is in their aesthetic journey, we have a full range of options to help them achieve their desired results."**

—Dr. Robert Skalicky



In addition to Drs. Skalicky and Regan, as well as Vidhi Adlakha, D.O., the aesthetic team includes oculoplastic surgeon Blair Armstrong, M.D., physician assistant Kaitlyn Nelson, PA-C, nurse injector Michele Petrillo,



Dr. Regan, who recently joined the practice, has a unique eye for facial cosmetic procedures such as rhinoplasty, body-contouring procedures, fat grafting, and aesthetic breast surgery.

RN, and licensed aestheticians Brittany Bray and Jill Norton. The team works seamlessly together to offer patients “total rejuvenation” to any of a number of levels based on patient desires. These varied aesthetic levels include everything from cosmetic surgery to minimally invasive wrinkle reduction and skin rejuvenation.

On the noninvasive front, a team of licensed aestheticians works with clients to refresh the skin using aesthetic services such as microneedling, laser skin resurfacing, and medical-grade chemical peels. At the same time, the aestheticians can work closely with clients to hone their at-home skincare regimens, which often include guidance on lifestyle adjustments that may help to improve the appearance, texture, and overall health of the body’s largest organ.

Lastly, the practice offers an elegant solution to an aesthetic issue known to have a devastating effect on a person’s self-confidence and overall quality of life: hair loss.

An-office procedure known as NeoGraft represents a remarkable step forward in addressing the issue of hair loss for men and women alike. Compared with minimally effective options such as hair weaves, light therapy, prescription medications, and “strip” surgery, NeoGraft enables a patient to reclaim what they have lost in a natural-looking, permanent, and undetectable way. Through a process known as follicular unit extraction, NeoGraft extracts individual hair follicles from a donor site and transplants them to the desired area, or recipient site. The advantages of this treatment include no linear scarring, minimal downtime, and permanent results that are all but undetectable.

“We have been very deliberate in creating the menu of services we offer,” Dr. Skalicky says. “No matter where someone is in their aesthetic journey, we have a full range of options to help them achieve their desired results.”

## ‘Ahead of the Curve’

In light of the disruption caused by the COVID-19 pandemic, patients can expect a number of precautions at Modern Aesthetic Plastic Surgery, each designed to best serve and protect patients. For example, the practice has adopted several social-distancing protocols in the office, such as spaced-out patient appointments, extended patient hours, and a limited number of people inside the office at any one time. In addition, the practice has created sterility protocols for each visit, as going forward it intends to adopt more in-depth screening procedures to decrease the risk to all patients.

“We’re also going to restrict family members for patient safety,” he says. “At times we may even use the parking lot as a partial waiting room to further reduce risk until the world is safe again.”

Modern Aesthetic Plastic Surgery has also employed HIPAA-compliant telehealth technology to offer virtual consults. The tool proved invaluable early into the statewide lockdown, and Dr. Skalicky suggests patients have found it enormously helpful.

“We have a lot of patient demand, and the virtual consults are helping to keep people moving forward in their treatment,” Dr. Skalicky adds. “We’re going to maintain this tool for the long term. It’s a great tool for helping people learn more about the procedures they’re interested in, all from the privacy of their own home. It also eliminates any instances of bottlenecks in the waiting room.”

“Over time, I think physical distancing will evolve to selective interaction, where people will handpick the kinds of environments they’re going to participate in,” he continues. “With the virtual consults and the other protocols we’ve adopted, I feel like we’re already ahead of the curve.”

Apart from person-to-person interactions, patients can expect a sleeker representation of the practice online, as Modern Aesthetic Plastic Surgery launches a completely updated web presence. A new, patient-friendly website aims to provide a more interactive experience for visitors, complete with a comprehensive library of educational information about specific procedures.

“I’m excited to introduce people to our new brand,” Dr. Skalicky says. “It’s a fresh, new take on plastic surgery and aesthetic services, with a new team and a new approach built around safety, results, and concierge-level service.” ■



### MODERN AESTHETIC PLASTIC SURGERY

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