

DR. BIANCA MOLINA

THE NEW FACE OF AESTHETIC PLASTIC SURGERY

BY LEXI WOLF

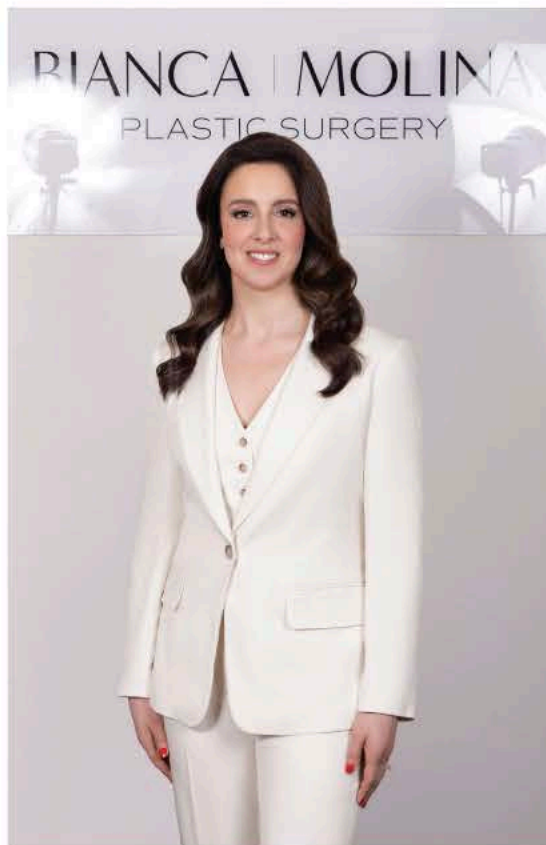
In the ever-evolving world of aesthetic medicine, Dr. Bianca Molina stands out not just for her technical precision but for her thoughtful, balanced approach to beauty. The board-certified plastic surgeon, whose practice is on Fifth Avenue in Greenwich Village, represents a new generation of cosmetic doctors, those who champion subtle enhancement over dramatic transformation. “I don’t believe in the quest for youth,” Dr. Molina says. “People are so crazy about turning back the clock. For me, it’s about maintaining the person underneath.”

WHISPER, DON’T SHOUT

Dr. Molina, a graduate of New York University and New York Medical College, trained at Mount Sinai Beth Israel and completed a prestigious fellowship in plastic and reconstructive surgery at the Ohio State University. Her résumé includes an impressive breadth of surgical and nonsurgical procedures, from facelifts and tummy tucks to Botox and PRP therapy. But what sets her apart is her philosophy: “Whisper, don’t shout. Plastic surgery shouldn’t scream,” she says. “It should whisper.”

That mindset is central to how she guides patients, especially younger ones. “I’m seeing more patients in their 20s, particularly Gen Z,” she says. “They’re concerned, but concern might be the wrong emotion. I tell them, Let’s just do reasonable treatments for your age: Conservative Botox, microneedling, and proper skin care can go a long way.”

Dr. Molina emphasizes a multimodal strategy for maintaining healthy skin —



combining proper skin care with noninvasive procedures like biostimulators, fillers, and laser treatments. “Skin quality is impacted by so many things: sun exposure, smoking, diet. What you do in your 20s really shows up in your 40s and 50s.”

While her approach with younger patients is cautious, Dr. Molina has also witnessed a pendulum shift in surgical techniques, particularly in breast augmentation. “The breast-implant market has had a major shake-up,” she says, pointing to the FDA’s recent approval of the Motiva implant, previously available only in Europe and South America. “It uses nanotexturing instead of the older textured shells, which were linked to rare cases of implant-associated lymphoma. Motiva offers a more natural result and is great for patients who want subtle enhancement.”

MALE AND FEMALE PATIENTS

Dr. Molina is also excited about the rise of supportive technologies like the pH4B mesh, a resorbable material that dissolves in the body over 18 to 24 months, encouraging new collagen growth and improving revision surgeries. “We’re now placing implants above the muscle again, which used to be frowned upon. But with Motiva and mesh support, we’re getting great results with less recovery time.” The New York patient, she says, is typically more conservative than their West Coast counterparts. “L.A. is intense,” Dr. Molina says with a laugh. “Here, we have work to do.

**“It’s about refinement
and realism.”**

Dr. Bianca Molina

People want to look refreshed, not redone.” Still, the demand for aesthetic treatments continues to grow across all demographics — including men. “I have male patients who come in for Botox, fillers, and eyelid surgery. CEOs in particular want to look vibrant and alert. We’re in an ageist society, and they don’t want to be perceived as tired or past their prime.”

When it comes to trends, Dr. Molina sees vaginal rejuvenation as a rising area of interest — particularly among menopausal and postmenopausal women. “I wrote a piece about vaginal treatments recently, and it got a lot of attention,” she says. “There’s a lot happening around perimenopause and menopause. We’re seeing requests for labiaplasty, labia puffing, and vaginal tightening — procedures that used to be taboo but are now being openly discussed.” Laser treatments, she adds, still have a strong place in the aesthetic toolkit despite consumer confusion and the influx of nonmedical spas offering watered-down services. “It’s real technology,” she notes. “And it matters who’s operating the laser. I always say, You have to be insane to have a non-MD put a laser on your face.”

ETHICS AND AESTHETICS

Throughout her career, Dr. Molina has maintained a focus on patient safety, long-term outcomes, and aesthetic integrity. “We’ve evolved so much as a field,” she says. “Facelift techniques have improved. Incisions are better hidden. And we’re constantly getting safer.”

That evolution extends to her view of patient expectations and mental health. “Body dysmorphia is a big issue, especially among younger patients,” she says. “As a doctor, you need to listen closely. The goal is never to make someone look like a different person. You have to be on the same page from the beginning.”

It’s a philosophy rooted in ethics as much as aesthetics. “A good doctor will never perform a procedure that won’t make the patient look better,” she says.



Dr. Bianca Molina and Erica Kulka

Dr. Molina’s practice, located at 25 Fifth Avenue in New York City, offers a full spectrum of treatments both surgical and nonsurgical, but the underlying message remains consistent: Beauty isn’t about chasing perfection. It’s about refinement, realism, and feeling like the best version of yourself.

Dr. Bianca Molina
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