

# Frederick Watkins, M.D., F.A.C.S.

## CURRICULUM VITAE

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### PERSONAL DATA

### BUSINESS

Washington Plastic Surgery Group  
3203 Tower Oaks Blvd  
Rockville, MD 20852  
Phone: 301-656-6398  
Fax: 301-754-2503

### EDUCATION

Doctor of Medicine  
University of Virginia School of Medicine, Charlottesville, VA  
Graduated May 1997

Bachelor of Arts (with distinction): Chemistry with specialization in Biochemistry  
University of Virginia College of Arts and Sciences, Charlottesville, VA  
Graduated May 1993

### RESIDENCY

Case Western Reserve University/ University Hospitals of Cleveland  
Combined program in Plastic Surgery: Division chairman: Dr. Edward A. Luce  
General surgery July 1997 through July 2000; Plastic Surgery July 2000 through July 2003  
Rotation details and operative experience are available on request.

### SPEAKING ENGAGEMENTS/ PRESENTATIONS (original work)

Metro Breast Surgery conference: DCIS and LCIS of the Breast: Current trends in management (10/7/1998)  
Cleveland Clinic Foundation Pediatric Trauma conference: Caustic Ingestion (10/26/1999)  
Ohio Valley annual plastic surgery meeting: Necrotizing Soft Tissue Infections and Colon Cancer (6/10/02)  
Ohio Valley annual plastic surgery meeting: Modified Temple Incision for Facial Rhytidectomy: A Seventeen  
Year Experience (6/7/02)  
*Plastic Surgery Conference Lecture Series:*  
Gynecomastia (9/19/2000)  
Craniosynostosis (2/24/2001)  
Congenital Ear Deformities (7/14/2001)  
Anatomy: Extensor Mechanism and Intrinsic Muscles of the Hand (3/1/2002)  
Anatomy: A Simulated Rhinoplasty (1/31/2002)  
Anatomy: Temporal Fossa (1/23/2002)  
Anatomy: Iliac Crest, Abdominal Wall Components, and Omental Flaps (4/4/2002)  
Forehead Rejuvenation (1/11/2003)  
Reconstruction of the Partial Mastectomy Defect (4/14/2003)  
*Lutheran Hospital Citywide Hand Conference Lecture Series:*  
Median Neuropathy of the Upper Arm and Forearm (1/25/2002)  
Tendon Transfers for Radial Nerve Deficits (2/22/2002)  
Management of the Acute Scaphoid Fracture (7/28/2002)  
The Second Annual Spinal Cord Injury/ Disorder Provider Course (Cleveland VAMC): The Surgical  
Management of Pressure Sores (9/21/2001, 10/6/2001)  
Annual Reich Lecture (Lutheran Orthopedic and Spine Hospital): Malignant Schwannoma of  
The Radial Nerve (4/12/2002)

### PLASTIC SURGERY INSERVICE EXAM 2003 (last exam as chief plastics resident)

Raw score 76  
Percentile overall and compared with peers: 99<sup>th</sup> (top 3 in nation that year)  
Quartile scores: Craniomaxillofacial (4/4), Breast and Cosmetic (4/4), Integument (4/4), Hand (4/4)

**CERTIFICATION** USMLE steps I-III completed  
BLS certified  
ACLS certified  
Minimizing Risk in Fluoroscopic X-ray- certified  
Sciton PROFILE Aesthetic System (LASER) certified 2006  
State Medical License in Maryland  
State Medical License in Virginia  
State Medical License in District of Columbia  
DEA: Ohio  
DEA: Virginia  
DEA: Maryland  
DEA: District of Columbia  
Controlled substance: Maryland  
Controlled substance: District of Columbia  
American Board of Plastic Surgery (issued 11/13/04) Cert # 6832 Exp: 12/31/14

**HONORS/AWARDS** Phi Beta Kappa  
UVA Intermediate Honors (1991)  
Echols Scholar UVA College of Arts and Sciences

**TEACHING EXPERIENCE**

Organic chemistry lab teaching assistant fall and spring semesters 1991-1994. Head of program:  
Dr. Donald Hunt  
Wound closure course (1996-1997) teaching assistant. Head of program- Dr. Richard Edlich,  
Distinguished Professor of Plastic Surgery and Biomechanical Engineering, University of  
Virginia

**EMPLOYMENT** 1990-1994: VA Semiconductor Inc. part-time

**MEMBERSHIPS** American Medical Association 1994 to present (#05101970282)  
American Society of Plastic Surgeons: April 2005 to present  
Fellow of the American College of Surgeons (FACS) (fall 2006 to present)

## **RESEARCH**

- 1) Drs. Gary Banker and Deanna Benson: Dept. of Neuroscience at UVA: 1992-1994. See publications below.
- 2) Dr. Richard F Edlich, Distinguished Professor of Plastic Surgery and Biomechanical Engineering; Dr. David B Drake, Assistant Professor of Plastic Surgery; Dr. George Rodehaever; Dr. John G Thacker: 1996-1998. Various projects as detailed below.

## **PUBLICATIONS**

- 1) Benson DL, Watkins FH, Steward O, and Banker G. Characterization of GABAergic neurons in hippocampal cell cultures. *J Neurocytology*. **1994**;23:279-295.
- 2) Neal JG, Cox MJ, Drake DB, Hoard MA, Thacker JG, Watkins FH, Edlich RF. A new computerized control unit for small bone surgical instruments. *Med Prog Technol*. **1997**;21 Suppl:25-9.
- 3) Faulkner BC, Hellewell TB, Mazzaresse PM, Gear A, Watkins FH, Edlich RF. Biomechanical performance of a braided absorbable suture. *J Long-Term Effects Med Implants*. **1996**;6(3-4):169-79.
- 4) Watkins FH, London SD, Neal JG, Thacker JG, Edlich RF. Biomechanical performance of cutting edge surgical needles. *J Emerg Med*. **1997**;15(5):679-85.
- 5) Woods JA, Morgan RF, Watkins FH, Edlich RF. Surgical glove lubricants: From toxicity to opportunity. *J Emerg Med*. **1997**;15(2):209-20.
- 6) Watkins FH, Drake DB, Holmdahl LE, Cox MJ, Fay MF, Edlich RF. Peritoneal healing with adhesion formation. *J Long-Term Effects Med Implants*. **1997**;7(2):139-54.
- 7) Wheeler JC, Woods JA, Cox MJ, Cantrell RW, Watkins FH, Edlich RF. Evolution of hydrogel polymers as contact lenses, surface coatings, dressings, and drug delivery systems. *J Long-Term Effects Med Implants*. **1996**;6(3-4):207-17.
- 8) Watkins FH, Edlich RF. Glove powder in health care: Danger, fact, or fiction. *Surg Services Mgmt*. **1996**.
- 9) Mazzaresse PM, Faulkner BC, Gear AJL, Watkins FH, Rodeheaver GT, Edlich RF. Technical considerations in knot construction. Part II. Interrupted dermal suture closure. *J Emerg Med*. **1997**;15(4):505-11.
- 10) Faulkner BC, Drake DB, Gear AJL, Watkins FH, Edlich RF. Molten metal burns: Further evidence of industrial foundries' failure to comply with OSHA regulations. *J Emerg Med*. **1997**;15(5):675-7.
- 11) Stiles BM, Drake DB, Gear AJL, Watkins FH, Edlich RF. Metacarpophalangeal joint dislocation: Indications for open surgical reduction. *J Emerg Med*. **1997**;15(5):669-71.
- 12) Guyuron, BG., Watkins, FH., and Totonchia, A. Modified Temple Incision for Facial Rhytidectomy: A Seventeen-Year Experience. *Plast Reconstr Surg*. **2005**; 115(2):273-7.
- 13) Watkins, FH., Luce, EA., Goldman, SA. Necrotizing Soft Tissue Infections and Colorectal Carcinoma. (pending).

## **ABSTRACTS**

- 1) Benson DL, Watkins FH, Steward O, Banker G. Characterization of gaba-ergic neurons in hippocampal cultures. *Society Neurosci Abstr*. **1992**;18:34.
- 2) Benson DL, Watkins FH, Mandell JW, Banker G. The localization of phosphorylated cytoskeletal elements during the establishment of polarity by cultured hippocampal neurons. *Society Neurosci Abstr*. **1993**;19:1082.

## **VIDEOTAPES**

Holmdahl LE, Watkins FH, Cox MJ, Fay MF, Edlich RF. Scientific basis for peritoneal wound repair. **1996**.

## **BOOKS**

Edlich, RF. Medicine's Deadly Dust. Vandamere Press; Arlington, VA. 1997. (contributor)