

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

CURRICULUM VITAE

PERSONAL DATA

BUSINESS

Washington Plastic Surgery Group
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Rockville, MD 20852
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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

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: 99th (top 3 in nation that year)
Quartile scores: Craniomaxillofacial (4/4), Breast and Cosmetic (4/4), Integument (4/4), Hand (4/4)

CERTIFICATION

American Board of Plastic Surgery (issued 11/13/04) Cert # 6832 Exp: 12/31/24
Full compliance with Board Maintenance of Certification program (MOC)
BLS certified
ACLS certified
Minimizing Risk in Fluoroscopic X-ray- certified
Sciton PROFILE Aesthetic System (LASER) certified 2006
ARTAS certified (hair transplant robotics)
State Medical License in Maryland
State Medical License in Virginia
State Medical License in District of Columbia
DEA: Virginia
DEA: Maryland
Controlled substance: Maryland
Controlled substance: District of Columbia

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 Society of Plastic Surgeons (ASPS): April 2005 to present
Fellow of the American College of Surgeons (FACS): fall 2006 to present
International Society of Hair Restoration Surgery (ISHRS): 2011 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 Rodeheaver; 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)