NORTH CAROLINA SOCIETY OF PLASTIC SURGEONS



2025 NCSPS PRESIDENTIAL NOTE



It is my pleasure to welcome you to the 2025 Annual Meeting, taking place October 24–26, 2025, at the historic Grove Park Inn in my beloved hometown of Asheville, North Carolina. This is your Society, and your presence adds immense value to the meeting's collaborative spirit and educational depth.

This year's conference promises a robust program featuring cutting-edge presentations, expert-led panels, and valuable networking opportunities—all set against the stunning backdrop of the Blue Ridge Mountains in peak autumn color. We have an incredible lineup of guest speakers as always!

James Grotting will discuss facial aesthetics and technical aspects of facelift surgery. Both Simeon and Holly Wall will present on body contouring, liposuction, and cosmetic breast surgery. A friend and former colleague, Bohdan Pomahac will discuss his experience with facial transplantation and reconstruction of massive facial defects. Another friend, Bert Losken, will discuss topics in reconstructive breast surgery and patient outcomes. Lastly, my former co-fellow at MSKCC, Ronen Avram, will present a novel technique for implant-based breast reconstruction. Our own homegrown talent will be highlighted with presentations by members, residents, and medical students – this is what makes our meeting so special!

This meeting would be very difficult without the support of our sponsors and exhibitors, so please visit and thank them! This is an important networking opportunity that fosters relationships with medical industries and small companies that support our practices and help our patients.

And of course, this meeting would be impossible without the incredible organizational skills of our Executive Director, Susan Russell, and her amazing team at HD Planit. I am thankful to the Board and Past Presidents for all their work making our Annual Meeting evolve and improve over the years, but we are all indebted to Susan's leadership.

I am confident that this meeting will not only enrich your professional practice but also offer moments of inspiration and connection with colleagues from across the region and beyond. We look forward to welcoming you to Asheville and to a productive, engaging, and memorable 2025 Annual Meeting. We are honored to have you join us for this exciting gathering!

Warm regards,

Eric G. Halvorson, MD *NCSPS President*

PROGRAM COMMITTEE

Eric G. Halvorson, MD - Asheville, NC - *Chair* Kristen M. Rezak, MD - Durham, NC

Benjamin Eskra, MD - Kingston, NC **Christopher M. Runyan, MD, PhD** - Winston-Salem, NC

Brett T. Phillips, MD - Raleigh, NC

GUEST SPEAKERS

Ronen Avram, MD

James C. Grotting, MD

The Aesthetic Society Traveling Professor

Albert Losken, MD

Tracy M. Pfeifer, MD, MS

Bohdan Pomahac, MD

Holly C. Wall, MD

Simeon Wall, MD, Jr.

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Benjamin Eskra, MD Christopher M. Runyan, MD, PhD

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Kristopher Katira, MD

Adam J. Katz, MD

Rebecca W. Knackstedt, MD, PhD

Paul Tenzel, MD

Blair Wormer, MD

Cindy Wu, MD

Clara Nan-hi Lee, MD, MPP

NON-NCSPS PRESENTERS

Kevin A. Calder, MD Michelle Roughton, MD

Ramon Llull, MD, PhD

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Caitrin Curtis, MD

Mary L. Duet, MD

Abishek Jain, MD

Pragna N. Shetty, MD

Ethan Song, MD

Denise Porras-Fimbres, MD Courtney E. Stone, MD



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DISCLOSURE POLICIES & ACCREDITATION

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Society of Plastic Surgeons (ASPS) and the North Carolina Society of Plastic Surgeons (NCSPS). The ASPS is accredited by the ACCME to provide continuing medical education for physicians.

Designation: The American Society of Plastic Surgeons (ASPS) designates this live activity for a maximum of *13.75 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Of the 13.75 credits, 1.5 have been identified as applicable to patient safety.

Recognition Statement: The Continuing Medical Education (CME) credits offered by this activity are enhanced by ASPS Learner Credit Reporting for learners who have opted into this reporting. Successful completion of this CME activity enables active American Board of Surgery (ABS) members the opportunity to earn credit toward the CME requirement of the ABS's Continuous Certification program when claimed within 30 days of completion of the activity.

Participants in ASPS-accredited education who want their CME credits reported to certifying and state licensing boards must opt-in to reporting and add their NPI as well as state license ID and/or collaborating board ID(s) before claiming credit.

Disclosure Policy: The American Society of Plastic Surgeons (ASPS) requires all instructors, planners, reviewers, managers, and other individuals in a position to control or influence the content of an activity to disclose all relevant financial relationships or affiliations. All identified conflicts of interest must be resolved and the educational content thoroughly vetted by ASPS for fair balance, scientific objectivity, and appropriateness of patient care recommendations. ASPS also requires faculty/

authors to disclose when off-label/unapproved uses of product are discussed in a CME activity or included in related materials

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Additional Programs: For Physician Assistants and Nurse Practitioners, these credits have been designated as AMA PRA Category 1 Credits™ by an ACCME accredited organization and are applicable to these certifications. These credits/hours may be applicable to your profession. Check PlasticSurgery. org/CME

Learning Objectives: At the conclusion of this activity, participants should be better able to:

- Identify techniques in aesthetic and reconstructive breast procedures to improve patient outcomes,
- Discuss presenter's research projects, the results, and the potential application to plastic surgeons' practice,
- Evaluate and discuss best practices related to plastic surgery practice management,
- Evaluate the applicability of new technologies and techniques for aesthetic and reconstructive plastic surgery procedures,
- Evaluate and consider techniques and technology to enhance surgical outcomes.

NCSPS 2025 AGENDA

THURSDAY, OCTOBER 23, 2025

12:00 - 5:00 pm **Exhibitor Set-up**

6:30 pm **Board and Guest Speaker Dinner** (By invitation only)

FRIDAY, OCTOBER 24, 2025

The general session and exhibit hall are located in the Eisenhower Ballroom area.

7:00 - 7:45 am Continental Breakfast & Visit Exhibits

7:45 am Welcome & Opening Remarks

Eric G. Halvorson, MD

8:00 - 8:45 am **Reconstructive Breast Panel**

Moderator: Sarah Sher, MD

8:00 - 8:12 Improving Outcomes in Oncoplastic Surgery A

Albert Losken, MD

8:12 - 8:24 Reconstruction after Radiation

Sarah Sher, MD

8:24 - 8:36 **Dual Plane for Expander-to-Implant Breast Reconstruction:**

A Novel Technique

Ronen Avram, MD

8.36 - 8.45 **Discussion**

8.45 - 10.00 am Aesthetic Breast Panel

Moderator: Cindy Wu, MD

8:45 - 9:00 Elevating the Footprint of the Breast

Holly C. Wall, MD

9:00 - 9:15 **Framing the Chest**

Simeon Wall, Jr., MD

9:15 - 9:30 **Subfascial Pocket in Augmentation**

Tracy M. Pfeifer, MD, MS

	9:30 - 9:45	Breast Shaping after Implant Fatigue Cindy Wu, MD
	9:45 - 10:00	Discussion
10:00 - 10:30 am	Break & Visi	t Exhibits
10:30 - 11:00 am	Special Gues the Unhappy Albert Losker	
11:00 - 11:50 am	Gender Affirming Surgery Panel Moderator: Paul Tenzel, MD	
	11:00 - 11:10	Minimal Incision Techniques in Gender Affirming Mastectomy Kristen M. Rezak, MD
	11:10 - 11:20	Double Incision Mastectomy: Lessons Learned Eric G. Halvorson, MD
	11:20 - 11:30	Safety in High BMI Patients ▲ Clara Nan-hi Lee, MD, MPP
	11:30 - 11:40	Facial Feminization Blair Wormer, MD
	11:40 - 11:50	Discussion
11:50 - 12:30 pm	Special Guest Lecture: A Personal Evolution of Facial Rejuvenation: Is it All About the "Deep Plane"? James C. Grotting, MD	
1:00 pm	NCSPS Annu	al Golf Tournament - Grove Park Golf Course
1:00 - 3:30 pm	Social Networking Event - Mountain Bike Tour (Sign-up Required)	
5:00 - 6:30 pm		ome Reception with Exhibitors couraged to make dinner reservations this evening.)

SATURDAY, OCTOBER 25, 2025

7:15 - 8:15 am	Continenta	l Breakfast and Visit Exhibits		
7:30 - 8:30 am		Facial Reconstruction Panel Moderator: Kevin A. Calder, MD		
	7:30 - 7:42	Free Flaps for Catastrophic Defects Bohdan Pomahac, MD		
	7:42 - 7:54	Pediatric H&N Reconstruction Christopher M. Runyan, MD, PhD		
	7:54 - 8:06	Cleft Camouflage: Soft Tissue Reconstruction Over Bony Defects Kevin A. Calder, MD		
	8:06 - 8:18	Regional Flaps for Head and Neck Reconstruction Eric G. Halvorson, MD		
	8:18 - 8:30	Discussion		
8:30 - 9:00 am	Special Guest Lecture: 20 Years of Facial Transplantation Bohdan Pomahac, MD			
9:00 - 10:10 am	NCSPS Resident Georgiade Competition Moderator: Brett T. Phillips, MD			
	9:00 – 9:07	Staging Tissue Expander to Deep Inferior Epigastric Perforator Flap Breast Reconstruction: Impact on Revision Surgeries and Complications Caitrin Curtis, MD – Wake Forest University		
	9:07 – 9:14	First in Human Testing of a Novel Sutureless Drain Securement Device: A Randomized Clinical Trial Mary L. Duet, MD - Wake Forest University		
	9:14 - 9:21	A Year in Review of the PRS Review Plastic Surgery Question Bank Abishek Jain, MD – University of North Carolina		
	9:21 – 9:28	Desired Weight Loss and Autologous Free Flap Breast Reconstruction: Is Surgery Enough Denise Porras-Fimbres, MD – Duke University		
	9:28 – 9:35	Discussion		

	9:35 – 9:42	Making Sense of Wound Chaos: Outcomes Associated with Use of Second Generation Wound Matrices in Complex Upper Extremity Wounds Catherine Read, MD – East Carolina University		
	9:42 – 9:49	Risk Factors for Complete Loss of Nipple-Areola Complex Sensation after Reduction Mammoplasty Pragna N. Shetty, MD - University of North Carolina		
	9:49 – 9:56	Comparison of Regional Nerve Blocks for Pain Management After Distal Radius Fracture Fixation Ethan Song, MD – Duke University		
	9:56 – 10:03	Characterizing Outcomes of Preoperative GLP-1 Receptor Agonist Use in DIEP Flap Reconstruction Courtney E. Stone, MD - Wake Forest University		
	10:03 - 10:10	Discussion		
10:10 - 10:30 Break & Visit Exhibits		t Exhibits		
10:30 - 11:30 am	•	Safety Panel ▲ Moderator: Rebecca W. Knackstedt, MD, PhD		
	10:30 - 10:42	DSMO for Prevention of Complications		
	10:42 - 10:54	Anu Antony, MD, MBA The Use of TXA in Breast Surgery Albert Losken, MD		
	10:54 - 11:06	Secondary Mastopexy, Is It Safe? Holly C. Wall, MD		
	11:06 - 11:18	Prehabilitation for Plastic Surgery Rebecca W. Knackstedt, MD, PhD		
	11:18 - 11:30	Discussion		
11:30 - 12:20 pm	-	Body Panel Moderator: Shruti C. Tannan, MD		
	11:30 - 11:40	Incorporating HD into Your Contouring Procedures without Causing Problems Simeon Wall, Jr, MD		
	11:40 - 11:50	FDL Abdominoplasty Tips and Tricks Michelle Roughton, MD		

	11:50 - 12:00	Drainless Short Scar Abdominoplasty Shruti C. Tannan, MD	
	12:00 - 12:10	Brachioplasty - The Posterior Approach Benjamin Eskra, MD	
	12:10 - 12:20	Discussion	
12:20 - 1:00 pm	Lunch & Visi	t Exhibits	
12:15 - 1:15 pm	Resident Lunch with The Aesthetic Society Traveling Professor Taking Flight: A Journey Through Plastic Surgery and Aviation James C. Grotting, MD		
	Fellowship P Adam Glener,		
1:00 - 2:00 pm	Business of Plastic Surgery Panel Moderator: Eric G. Halvorson, MD		
	1:00 - 1:12	Advocacy Work Related to Non-plastic Surgeons Performing Plastic Surgery Paul Tenzel, MD	
	1:12 - 1:24	Maintaining Quality Without Sacrificing Volume As Your Practice Exands Michelle Roughton, MD	
	1:24 - 1:36	Academic to Mixed Private Practice Eric Halvorson, MD	
	1:36 - 1:48	Academic to Cosmetic Private Practice Anu Antony, MD, MBA	
	1:48 - 2:00	Discussion	
2:00 - 2:30 pm	Annual NCSF	PS Members Business Meeting	
7:00 - 9:00 pm	Saturday Eve	ening Reception (All registered guests welcome)	

SUNDAY, OCTOBER 26, 2025

7:30 - 8:30 am	Continental Breakfast and Visit Exhibits	
7:30 - 8:00 am	SOCIETY UPDATES ASPS – Lynn A. Damitz, MD The Aesthetic Society – Tracy M. Pfeifer, MD, MS	
8:00 - 8:30 am	Special Guest Lecture:Lessons Learned- The 25 Year Evolution of SAFELipo in Aesthetic Surgery Aestheti	
8:30 - 9:20 am	Best Case/Best Save Panel Moderator: Eric G. Halvorson, MD & Christopher M. Runyan MD, PhD	
	8:30 - 8:38	Correction of Severe Implant Malposition with Subfascial Conversion and Internal Bra Benjamin Eskra, MD
	8:38 – 8:46	From Costco to The Rock Wall Kristopher Katira, MD
	8:46 – 8:54	Ctrl + ALT + Leech Kristopher Katira, MD
	8:54 – 9:02	Columella in Crisis: Send in the Arm-y Brett T. Phillips, MD, MBA
	9:02 – 9:10	Pediatric Filet-of-leg flap for Spinal Coverage Salvage Chirstopher M. Runyan, MD, Phd
	9:10 - 9:20	Discussion
9:20 - 9:50 am	Break and Visit Exhibits	
9:50 - 10:10 am	Special Guest Lecture: Brow Shaping Using the Gliding Browlift James C. Grotting, MD	
10:10 - 11:15 am	Medical Student Abstract Presentations Brett T. Phillips, MD, MBA	
	10:10 – 10:14	Advancing Scarless Healing: A Gene Therapy Approach Based on Fetal Wound Repair Rochelle Bitolas, BA – Duke University

10:14 - 10:18	Privacy-Preserving AI for Extracting Clinical Data in Neonatal Brachial Plexus Palsy Care Meredith Cox, MBI – Duke University
10:18 - 10:22	CT Prevention in Sagittal Craniosynostosis: The Clinical Utility of 3D-Photography as a Diagnostic Tool Katherine Z. Dilley, BS – Wake Forest University
10:22 - 10:26	Prophylactic Post-Operative Antibiotics following TE Placement in Breast Reconstruction: Implications for Antibiotic Resistance Jenny A. Foster, BS – Duke University
10:26 - 10:30	Impact of Hormone Therapy on Postoperative Complications in Mastectomy and Reconstruction Abigail Heilenman, BS – Wake Forest University
10:30 - 10:34	Trends in Preoperative Weight Loss Modalities Among Patients Receiving Body Contouring Surgery Joey Liang, BS – Duke University
10:34 - 10:44	Discussion
10:44 - 10:48	Patient-Centered Adaptation of a Breast Reconstruction Decision Aid for Dissemination via Social Media and Online Communities Grace Anne Longfellow, BS – University of North Carolina
10:48 – 10:52	Sparse Morphological Index for Diagnosis of Metopic Craniosynostosis Using LASSO Logistic Regression Joshua Noonan, MS – Wake Forest University
10:52 – 10:56	Pharyngeal Airway Volumes in Adults With Cleft Palate: A Comparison of Buccal Flap, Traditional Repairs, and Non-Cleft Controls Sara Rodriguez, MS - Brody School of Medicine
10:56 – 11:00	Longitudinal Patterns of Botulinum Toxin Resistance in Aesthetic Treatment: Influence of Treatment Duration, Dosage, and Patient Characteristics Kathleen C. Smith, MS – Wake Forest University

11:00 – 11:04 Skin-Reducing Mastectomy and Breast Reconstruction:
A Multicenter Analysis of Complications, Revisions, and
Ptosis Grade

Eric Zeng, BS – Wake forest University

11:04 – 11:15 **Discussion**

11:15 - 12:30 pm NCSPS Member Papers

Moderator: Benjamin Eskra, MD

11:15 – 11:25 Microsurgical Techniques for Closure of Complex Wounds in Vulnerable Patient Populations

Kristopher Katira, MD

11:25 – 11:35 **Re-thinking Immediate Device-based Breast Reconstruction:**

The Role of Dysbiosis and the Breast Microbiome

Adam I. Katz, MD

11:35 – 11:45 Patterns of Mastectomy Flap Necrosis: When Axial Pattern

Turns into Random Pattern Perfusion

Ramon Llull, MD, PhD

1:45 – 11:55 **Breast Reconstruction Decision Making in Women with**

Breast Cancer-Related Genetic Mutations

Brett T. Phillips, MD, MBA

11:55 – 12:05 Strategic Integration: Elevating Surgical Career Longevity

Through Three Essential Routine Refinements

Shruti C. Tannan, MD

12:05 – 12:15 Force-Modulating Tissue Bridges Improves Scar Quality and

Decreases T-Junction Breakdown in Breast Reduction

Patients

Cindy Wu, MD

12:55 12:30 **Discussion**

12:30 - 12:45 pm **Passing of the Gavel:**

Induction of Christopher M. Runyan, MD, PhD

12:45 pm **Adjourn**



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Natrelle® Breast Implants IMPORTANT SAFETY INFORMATION

WARNINGS

- Breast implants are not considered lifetime devices. The longer patients have them, the greater the chance they will develop complications, some of which will require more surgery
- Breast implants have been associated with the development of a cancer of the immune system called breast implantassociated anaplastic large cell lymphoma (BIA-ALCL).
 This cancer occurs more commonly in patients with textured breast implants than smooth implants, although rates are not well defined. Some patients have died from BIA-ALCL
- Patients receiving breast implants have reported a variety of systemic symptoms, such as joint pain, muscle aches, confusion, chronic fatigue, autoimmune diseases, and others. Individual patient risk for developing these symptoms has not been well established. Some patients report complete resolution of symptoms when the implants are removed without replacement

INDICATIONS

Natrelle® Breast Implants are indicated for women for the following:

- Breast augmentation for women at least 22 years old for silicone-filled implants and breast augmentation for women at least 18 years old for saline-filled implants. This includes primary breast augmentation to increase the breast size, as well as revision surgery to correct or improve the result of a primary breast augmentation surgery.
- Breast reconstruction. This includes primary reconstruction to replace breast tissue that has been removed due to cancer or trauma or that has failed to develop properly due to a severe breast abnormality. Breast reconstruction also includes revision surgery to correct or improve the result of a primary breast reconstruction surgery

CONTRAINDICATIONS

Breast implant surgery should not be performed in:

Women with active infection anywhere in their body

- · Women with existing cancer or precancer of their breast who
- have not received adequate treatment for those conditions

 Women who are currently pregnant or nursing

ADDITIONAL WARNINGS

- See Boxed Warning
- Avoid damage during surgery: Care should be taken to
 avoid the use of excessive force and to minimize handling of
 the implant. Forcing of implants through too small an opening
 or applying concentrated localized pressure on the implants
 may result in localized weakening of the breast implant shell,
 potentially leading to shell damage and possible implant rupture.
 An incision should be of appropriate length to accommodate
 the style, size, and profile of the implants. Use care when using
- surgical instruments in proximity with the breast implant

 Follow recommended fill volumes for saline implants to decrease possibility of shell wrinkling and crease-fold failure

PRECAUTIONS

Safety and effectiveness have not been established in patients with the following:

- Autoimmune diseases (eg, lupus and scleroderma)
- A compromised immune system (eg, currently receiving immunosuppressive therapy)
- Planned chemotherapy or radiation following breast implant placement
- Conditions or medications that interfere with wound healing and blood clotting
- Reduced blood supply to breast tissue
- Clinical diagnosis of depression or other mental health disorders, including body dysmorphic disorder and eating disorders. Please discuss any history of mental health disorders prior to surgery.

Patients with a diagnosis of depression, or other mental health disorders, should wait until resolution or stabilization of these conditions prior to undergoing breast implantation surgery

ADVERSE EVENTS

Possible adverse events with breast implant surgery include implant rupture with silicone implants, implant deflation with salion-filled implants, capsular contracture, reoperation, implant removal, pain, changes in ripple and breast sensation, infection, scarring, asymmetry, writhiding, implant displacement/migration, implant palpability/visbility, breastfeeding complications, hematoma/seroma, implant extrusion, necrosis, delayed wound healing, infection, breast tissue atrophy/chest wall deformity, calcium deposits, and lymphadenopathy. Other systemic conditions have been reported with breast implants.

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The sale and distribution of this device is restricted to users and/ or user facilities that provide information to patients about the risks and benefits of this device in the form and manner specified in the approved la

References: 1. Data on file, Allergan Aesthetics, January 2022; Hospital Order Form Update. 2. Data on file, Allergan Aesthetics, December 2024; Breast Implants & Tissue Expanders: Aesthetic Monthly Tracker: November 2024 Data Month.



SOCIAL PROGRAM AND EVENTS

The NCSPS Annual Scientific Meeting is a "Family" event. All **registered** spouses, guests and children are welcome to all social activities.

FDIDAY	OCTOBER	2/ 2025
FRIDAY,	OCIODER	Z4, ZUZ3

7:00 - 7:45 am	Continental Breakfast in the Exhibit Hall
1:00 pm	Annual Golf Tournament – Grove Park Golf Course (Fees Apply)
1:00 pm	Social Networking Event – Mountain Bike Tour
5:00 – 6:30 pm	NCSPS Welcome Reception with Exhibitors (Guests are encouraged to

make dinner reservations

this evening)

SATURDAY, OCTOBER 25, 2025

7:15 - 8:15 am	Continental Breakfast in the Exhibit Hall
7:00-9:00 pm	Saturday Evening Reception Vanderbilt Terrace (Additional Fee Applies)

SUNDAY, OCTOBER 26, 2025

7:30 - 8:30 am Continental Breakfast in the Exhibit Hall

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2025 ABATRACTS

To view the 2025 Abstracts please scan the following QR code:



2025 EXHIBITORS















































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NOTES	

