

**Laxmeesh Mike Nayak, M.D.**  
607 S. Lindbergh Blvd  
St. Louis, MO, 63131  
314-991-5438

***Education***

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- 2003-2004      **AAFPRS Fellowship in Facial Plastic and Reconstructive Surgery**  
American Academy of Facial Plastic and Reconstructive Surgery  
The Glasgold Group, Highland Park, NJ
- 1999-2003      **Resident in Otolaryngology/Head and Neck Surgery**  
Harvard Medical School  
Massachusetts Eye and Ear Infirmary, Boston, MA
- 1998-1999      **Intern in General Surgery**  
Harvard Medical School  
Massachusetts General Hospital, Boston, MA
- 1998              **Doctor of Medicine**  
Washington University School of Medicine, St. Louis, MO
- 1994              **Bachelor of Science in Molecular Biophysics and Biochemistry,**  
Yale University, New Haven, CT  
Awarded *summa cum laude*, with Distinction in Molecular Biophysics and  
Biochemistry

***Awards***

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- 2010              **American Board of Cosmetic Surgery Robert F. Jackson, MD Award** for the highest  
score on the oral component of the Cosmetic Surgery Boards
- 2010              **American Board of Cosmetic Surgery William K. Miles, MD Award** for the highest  
score on the written component of the Cosmetic Surgery Boards
- 2006              **Clinical Professor of the Year** Department of Otolaryngology-Head and Neck Surgery,  
St. Louis University School of Medicine
- 2004              **American Board of Facial Plastic Surgery Jack Anderson Prize for Scholastic  
Excellence, 1<sup>st</sup> Runner Up** Ranked 2<sup>nd</sup> highest in combined written and oral  
scores on the Facial Plastic and Reconstructive Surgery Boards
- 2002              **Triological Society Resident Research Award**
- 1994-1998      **Distinguished Student Scholarship** Full-tuition, merit-based, medical school  
scholarship  
**Commencement Speaker**  
**Alpha Omega Alpha Initiate**  
**Alpha Omega Alpha Book Prize**  
**Dr. Richard S. Brookings Medical School Prize**  
**Louis and Dorothy Kovitz Senior Prize in Surgery**  
**McGraw-Hill Book Prize**  
**Dr. John Ebsen Kirk Award**  
**Medical Center Alumni Scholarship Award**  
**Howard A. McCordock Book Prize in Pathology**  
**James L. O'Leary Neuroscience Prize**  
**Antoinette Frances Dames Award in Cell Biology and Physiology**  
**Bearer of School of Medicine Standard at University Commencement**  
**American College of Physicians Award in Physical Diagnosis - Honorable Mention**



**Professional Societies**

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2008-present **American Academy of Cosmetic Surgery**

2001-present **American Medical Association**

**American Academy of Facial Plastic and Reconstructive Surgery**

**American Academy of Otolaryngology-Head and Neck Surgery**

**Teaching and Presentations**

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2012 **Course Director:** *Contemporary Surgery of the Aging Face*, Practical Anatomy Workshop of St. Louis, September 28-30, 2012.

**Invited Faculty:** *Cosmetic Blepharoplasty and Introduction to Face Lift*  
Practical Anatomy Workshop of St. Louis, July 20-22, 2012.

**Invited Faculty:** *Advances in Cosmetic Blepharoplasty, Brow, and Midface Lift*,  
Practical Anatomy Workshop of St. Louis, February 3-5, 2012.

2011 **Course Director:** *Contemporary Surgery of the Aging Face*, Practical Anatomy Workshop of St. Louis, November 17-19, 2011.

**Invited Faculty:** *Cosmetic Blepharoplasty and Introduction to Face Lift*  
Practical Anatomy Workshop of St. Louis, July 21-23, 2011.

**Invited Faculty:** *Advances in Cosmetic Blepharoplasty, Brow, and Midface Lift*,  
Practical Anatomy Workshop of St. Louis, February 10-12, 2011.

**Meeting Co-Chair:** *American Academy of Cosmetic Surgery 27<sup>th</sup> Annual Meeting*,  
Phoenix, AZ, January 11-16, 2011.

2010 **Course Director:** *Contemporary Surgery of the Aging Face*, Practical Anatomy Workshop of St. Louis, November 19-20, 2010.

**Invited Faculty:** *Total Facial Rejuvenation*, American Academy of Cosmetic Surgery,  
September 9-11, 2010.

**Invited Faculty:** *Cosmetic Blepharoplasty and Introduction to Face Lift*  
Practical Anatomy Workshop of St. Louis, July 17-18, 2010.

**Invited Faculty:** *Advances in Cosmetic Blepharoplasty, Brow, and Midface Lift*,  
Practical Anatomy Workshop of St. Louis, January 22-23, 2010.

2009 **Invited Faculty:** *Cosmetic Blepharoplasty and Introduction to Face Lift*  
Practical Anatomy Workshop of St. Louis, January 22-23, 2009.

**Invited Faculty:** *Facelift Expert Panel Discussion*, American Academy of Cosmetic  
Surgery 25<sup>th</sup> Annual Scientific Meeting, January 14-19, 2009.

2008 **Course Director:** *Contemporary Surgery of the Aging Face*, Practical Anatomy Workshop of St. Louis, September 26-28, 2008.

**Invited Faculty:** *Total Facial Rejuvenation*, American Academy of Cosmetic Surgery,

September 5-7, 2008.

**Invited Faculty:** *Cosmetic Blepharoplasty and Introduction to Face Lift*  
Practical Anatomy Workshop of St. Louis, July 25-27, 2008

2007

**Invited Faculty:** *Advances in Cosmetic Blepharoplasty, Brow, and Midface Lift*,  
Practical Anatomy Workshop of St. Louis, February 23-24, 2007.

**Invited Faculty:** *Beverly Hills Symposium on Facial Plastic Surgery*, Cedars-Sinai  
Medical Center, November 3-4, 2007.

**Course Director:** *Contemporary Surgery of the Aging Face*, Practical Anatomy  
Workshop of St. Louis, October 19-20, 2007.

**Co-Course Director:** *Purse String Facelifting and Fat Transfer*, American Academy of  
Cosmetic Surgery, September 28-29, 2007.

**Invited Faculty:** *Advances in Cosmetic Blepharoplasty, Brow, and Midface Lift*,  
Practical Anatomy Workshop of St. Louis, February 23-24, 2007.

2006

**Course Director:** *Contemporary Surgery of the Aging Face*, Practical Anatomy  
Workshop of St. Louis, November 17-18, 2006.

**Grand Rounds:** *Lasers in Skin Rejuvenation*, St. Louis University Department of  
Otolaryngology, April 5, 2006.

**Invited Faculty and Speaker:** *Advances in Cosmetic Blepharoplasty, Brow, and  
Midface Lift*, Practical Anatomy Workshop of St. Louis, February 3-4, 2006.

2005

**Grand Rounds:** *Reconstructive Rhinoplasty*, St. Louis University Division of Plastic  
Surgery, December 13, 2005.

**Invited Speaker:** *An Overview of Facial Plastic Surgery*, St. Louis University Medical  
School Alumni Association Annual Meeting, St Louis, MO, October 28, 2005.

**Course Director:** *Contemporary Surgery of the Aging Face*, Practical Anatomy  
Workshop of St. Louis, October 20-22, 2005.

**Invited Speaker:** *Insider's Guide to Facial Plastic Surgery*, American Association of  
Physicians from India Auxiliary Annual Meeting, Rend Lake, IL, September  
16, 2005.

**Grand Rounds:** *Autologous Fat Transfer*, St. Louis University Department of  
Otolaryngology, September 7, 2005.

**Invited Faculty and Speaker:** *Advances in Cosmetic Blepharoplasty, Brow, and  
Midface Lift*, Practical Anatomy Workshop of St. Louis, July 22-23, 2005.

**Resident Didactic Lecture:** *Facial Trauma*, St. Louis University Department of  
Otolaryngology, July 13, 2005.

**Resident Didactic Lecture:** *Complications of Blepharoplasty*, St. Louis University  
Department of Otolaryngology, May 18, 2005.

**Invited Speaker:** *Major Nasal Reconstruction*, Missouri State Medical Association  
Annual Meeting, Kansas City, MO, April 9, 2005.

**Invited Faculty and Speaker:** *Advances in Cosmetic Blepharoplasty, Brow, and*

*Midface Lift*, Practical Anatomy Workshop of St. Louis, January 28-29, 2005.

**Resident Didactic Lecture:** *Facial Analysis*, St. Louis University Department of Otolaryngology, January 12, 2005.

2004 **Course Director:** Autologous Fat Transfer Workshop. AAFPRS Annual meeting, New York, NY, September 21, 2004.

**Grand Rounds:** *Autologous Fat Transfer*, St. Louis University Department of Otolaryngology, August 18, 2004.

2003 **Original Research Presentation:** *Microvenous Anastomotic Thrombosis: The Rat Femoral Vein Tuck Model*, Triological Society Eastern Section annual meeting, Boston, MA, 2003.

1996 **Original Research Presentation:** *Changes in Vascular Surface Area Accompanying Peripheral Nerve Crush*, American Society for the Peripheral Nerve annual meeting, St. Louis, MO, 1996.

### ***Publications***

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- 2011 Schinkel ML and **Nayak LM**: Nasal Tip Modifications. *Oral and Maxillofacial Surgery Clinics of North America*. 24(1):67-74, 2011.
- 2011 Khan, A and **Nayak, LM**: Aesthetic Cheek Implants. *Midfacial Rejuvenation*. Springer, 2011.
- 2009 Karam AM, **Nayak LM**, Lam SM: Short-Scar Purse-String Facelift. *Facial Plastic Surgery Clinics of North America*. 17(4): 2009
- 2003 **Nayak LM**, Deschler DG: Head and neck lymphomas. *Otolaryngologic Clinics of North America*. 36(4):625-46, 2003.
- 1995 Predki PF, **Nayak LM**, Gottleib MBC, Regan L: Dissecting RNA-protein interactions: RNA-RNA recognition by Rop. *Cell*. 80:41-50, 1995.

### ***Personal***

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Proficient in spoken and written Spanish.

Extensive musical and business experience in the Whiffenpoofs, the Saint Louis Chamber Chorus, and professional *a cappella* singing groups. Other hobbies include digital media, fitness, scuba diving, wind instruments, and participating in surgical missions abroad.