

Laxmeesh Mike Nayak, M.D.

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Education

- 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, Phi Beta Kappa, with Distinction in the Major of
Molecular Biophysics and Biochemistry

Awards

- 2010 **American Board of Cosmetic Surgery William K. Miles, MD Award**
For achieving The highest written board exam score nationally
- 2010 **American Board of Cosmetic Surgery Robert F. Jackson, MD Award**
For achieving the highest oral board exam score nationally
- 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, 1st Runner Up Ranked 2nd highest in combined written
and oral facial plastic and reconstructive board scores nationally**

- 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
- 1994 **Phi Beta Kappa** Alpha of Connecticut, Yale College

Academic Appointments

- 2006-2013 **Clinical Assistant Professor, Division of Facial Plastic and
Reconstructive Surgery**
St. Louis University School of Medicine
- 2011 **Board Examiner** American Board of Cosmetic Surgery
- 2004-2006 **Director, Division of Facial Plastic and Reconstructive Surgery**
Assistant Professor in Otolaryngology-Head and Neck Surgery
St. Louis University School of Medicine
- 2003-2004 **Volunteer Clinical Instructor in Surgery**
UMDNJ University Hospital, Newark, NJ
- 1998-2003 **Clinical Instructor in Otology and Laryngology**
Harvard Medical School, Boston, MA

Hospital Privilege:

2008-present	Attending in Otolaryngology-Head and Neck Surgery St. Luke's Des Peres Hospital, St. Louis, MO
2004-20009	Attending in Otolaryngology-Head and Neck Surgery St. John's Hospital, St. Louis, MO
2004-2006	Attending in Otolaryngology-Head and Neck Surgery St. Louis University Hospital, St. Louis, MO
	Attending in Otolaryngology-Head and Neck Surgery Cardinal Glennon Children's Hospital, St. Louis, MO
2003-2004	Attending in Otolaryngology-Head and Neck Surgery Robert Wood Johnson University Hospital
	Attending in Otolaryngology-Head and Neck Surgery UMDNJ University Hospital, Newark, NJ

Licensures and Certifications

2010-present	Certification American Board of Cosmetic Surgery: Facial Cosmetic Surgery
2007-present	Certification American Board of Facial Plastic and Reconstructive Surgery
2004-present	Licensure Missouri
	Certification American Board of Otolaryngology
2003	Licensure New Jersey, New York, Illinois
1999	Certification National Board of Medical Examiners

Professional Societies

2008-present	Member American Academy of Cosmetic Surgery
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2001-present

Member American Medical Association

Member American Academy of Facial Plastic and Reconstructive Surgery

Member American Academy of Otolaryngology-Head and Neck Surgery

Presentations

2022

2021

Virtual Speaker Plastic Surgery Congress in Ukraine. Open Rhinoplasty: What I've Changed After 15 Years. September 2021.

Speaker SCALE Nashville. Deep Necklift: August 2021.

Speaker APSLD: Deep Plane Facelift. June 19-20, 2021.

Speaker Los Angeles Multispecialty Cosmetic Academy: Deep Plane Facelift and Deep Necklift: April 9, 2021

LIVE Virtual Panel - Facial Slimming session with Dr. Joe Niamtu as moderator. April 11, 2021.

Speaker QMP Cosmetic Surgery Symposium Amsterdam Nov 19-21.

Meeting Co-Chair American Academy of Facial Plastic and Reconstructive Surgery. Sept 29 - Oct 2.

Course Director PASE Advanced Facial Rejuvenation Course Sept 25-27.

Speaker SCALE Nashville. Deep Necklift. Aug 18-22

Speaker American Academy of Cosmetic Surgery Annual Meeting. Deep Plane Facelift and Necklift. February 3.

Course Director Esthetic Excellence St. Louis, MO. Jan 9-10.

2020

Speaker Mexican Association of Oral and Maxillofacial Surgery Congress: Deep Necklift and Deep Plane Facelift. Nov 27, 2020.

Speaker Thomas Academy of Cosmetic Surgery, India: Facelift Surgery in 2020. October 10, 2020.

Course Director Medspa Mastery: Course Director. St. Louis, MO. October 3-4, 2020.

Speaker Los Angeles Multispecialty Cosmetic Academy:
Deep Necklift. Aug 22, 2020.

Keynote Speaker World Aesthetic Medicine & Plastic Surgery (#WAMPS)
Online: Deep Necklift and Deep Plane Facelift. May 29, 2020.

Course Director Medspa Mastery St. Louis, MO. May 6-7, 2020.

Course Director Medspa Mastery St. Louis, MO. April 7-9, 2020.

Speaker AACS: Deep Neck Lift with Sub-SMAS Facial Rejuvenation. Feb 27, 2020.

Speaker AACS: Septal Extension Grafts - Powerful and Versatile.
Feb 28, 2020.

Speaker 6th Biennial Caribbean FPS Update: Deep Necklift and Deep Plane
Facelift. January 28, 2020

2019

Speaker QMP Facial Aesthetic Surgery Symposium Miami Nov 8-10, 2019
Course Director PASE Advanced Deep Neck and Face Rejuvenation
Sept 28-30

Speaker Adjunctive Measures That Have Improved My Office Surgical
Practice. Vegas Cosmetic Show, Vegas. June 6, 2019.

Speaker Non-Endoscopic Minimal Incision Brow Lifting.. Vegas Cosmetic
Show, Vegas. June 6, 2019.

Speaker The Lid-Cheek Junction: A Volumetric Approach. Vegas Cosmetic
Show, Vegas. June 5, 2019.

Speaker Facelift and Neck Lift – Things I wish I had Known 15 Years Ago.
Vegas Cosmetic Show, Vegas. June 5, 2019.

Speaker Beauty Metrics: Hyaluronic acid fillers. New York, New York. March
20th, 2019.

Speaker Mt. Sinai Aging Face Courer. New York, New York. March
20th, 2019.

Speaker PASE Periorbital Course: Facelift, fat transfer. St. Louis, MO. Feb 16-17, 2019.

Speaker AACS: Minimally Invasive Browlift. Orlando, FL
January 31-Feb 2nd, 2019.

2018

Course Director Medspa Mastery. St. Louis, MO. Sept 28-29, 2018.

Course Director PASE: Advanced Facelift Course. St. Louis, MO. Sept 22-24, 2018.

Speaker Adjunctive Measures that Have Improved my Office Surgical Practice. Vegas Cosmetic Show, Vegas. June 9, 2018.

Speaker Non-Endoscopic Minimal Incision Browlifting. Vegas Cosmetic Show, Vegas. June 7, 2018.

Speaker Lessons Learned about Face and Neck Lifting Over the Past 15 Years. Vegas Cosmetic Show, Vegas. June 7, 2018.

Speaker Surgical Pearls for Successful Endoscopic Brow Lifting. Vegas Cosmetic Show, Vegas. June 6, 2018.

Speaker Advances in Rejuvenation & Reconstruction: Nasal Reconstruction. New York, New York. May 19, 2018.

Speaker Advances in Rejuvenation & Reconstruction: Facelift & Neck lift. New York, New York. May 19, 2018.

Speaker Beauty Metrics: Social and Traditional Media Panel. New York, New York. May 19, 2018.

Speaker Beauty Metrics: HA Fillers. Restylane/Juvederm Families. New York, New York. May 19, 2018.

Speaker PASE Mastering Techniques in Peri-orbital Aesthetic Surgery. Fat Transfer Techniques. St. Louis, MO. Feb 9-11, 2018.

Speaker PASE Mastering Techniques in Peri-orbital Aesthetic Surgery. Simplified Non-Endoscopic Browlift. St. Louis, MO. Feb 9-11, 2018.

2017

Course Director PASE Advanced Aging Face Surgery Course. September 9-11, 2017.

Speaker Rhinoplasty I Duke Facial Cosmetic Surgery. August 19, 2017.

Course Director Live in office Facelift Course. CME accredited by SLU. July 24, 2017.

Speaker Surgical Pearls for Successful Endoscopic Brow Lifting (w/ Steve Perkins). Vegas Cosmetic Show, Vegas. June 10, 2017.

Speaker Deep Plane Facelift and Deep Neck Lift. Vegas Cosmetic Show, Vegas. June 10, 2017.

Speaker Adjunctive Measures That Have Improved My Practice. Vegas Cosmetic Show, Vegas. June 8, 2017.

Speaker Simplified Non-Endoscopic Browlift. Vegas Cosmetic Show, Vegas. June 8, 2017.

Speaker Project, Deproject, Rotate, Derotate- The Versatile Septal Extension Graft Can Do It All. Vegas Cosmetic Show, Vegas. June 7, 2017.

Speaker Annual Antiaging Medical World Congress Monaco. Volumetric Surgery of the Aging Face. April 6, 2017. Monaco.

Speaker Annual Antiaging Medical World Congress Monaco. Ablative Resurfacing Update. April 6, 2017. Monaco.

Speaker AACS: Section Leader for Eyes, Nose, and Face. February 9-11, 2017. San Diego, CA.

Speaker AACS: Cadaver Course. February 8, 2017. San Diego, CA.

Speaker PASE: Introduction to Cosmetic Eyelid Surgery. January 21-23, 2017.

2016

Keynote Speaker ASOPRS Fall Scientific Symposium: Adjunctive Measures That Have Improved My Office Surgical Practice: Drains, Seroma Management, Anesthesia Techniques and More. October 13-14, 2016. Chicago

Keynote Speaker ASOPRS Fall Scientific Symposium: A Volumetric Approach to the Aging Face. Oct 13-14, 2016. Chicago

Keynote Speaker ASOPRS Fall Scientific Symposium: Browlifting—My Personal Technique & Evolution. Oct 13-14, 2016. Chicago

Course Director: Contemporary Surgery of the Aging Face, PASE

Speaker Venus International Cosmetic Congress: Necklift and Browlift. August 24-28, 2016. Cairo, Egypt.

Speaker Necklift. The Aesthetic Show. July 7-10, 2016

Speaker ICAD Brazil: International Congress of Aesthetic Dermatology. Neck and Browlift June 15-21, 2016.

Speaker Invited Faculty: Feldman Corset Platysmaplasty – When and How. Vegas Cosmetic Surgery. June 10, 2016.

Speaker Non-Endoscopic, Minimally-Invasive Browlifting: A simplified approach. Vegas Cosmetic Surgery. June 9, 2016.

Speaker AACS: Lower blepharoplasty: a volumetric approach. January 16, 2016.

Speaker AACS: Nonendoscopic Mimimally Invasive Browlift. January 16, 2016

Speaker AACS: Deep Plane Facelift: My Current Technique January 14, 2016.

2015

Speaker AAFRPS: Facelift. Dallas, Oct 2-4, 2015.

Speaker PASE: Blepharoplasty. FaceLift. July 24-16, 2015.

Speaker Aesthetic Show: Lower Blepharoplasty. Las Vegas, July 10-12, 2015

Speaker Mt. Sinai Facial Cosmetic and Reconstuctive Course : Face and Neck Rejuvenation. April 17-18, 2015.

Speaker PASE: Reconstruction Course: Facelift. February 6-8, 2015.

Meeting Co-Chair 27th AACS Annual Scientific Meeting Phoenix, AZ. January 2015

2010-2014

Course Director Contemporary Surgery of the Aging Face, PASE

Speaker Cosmetic Blepharoplasty and Introduction to Face Lift Practical Anatomy Workshop of St. Louis.

2009

Course Director Contemporary Surgery of the Aging Face, PASE

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

Speaker Facelift Expert Panel Discussion, American Academy of Cosmetic Surgery 25th 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.

Speaker Total Facial Rejuvenation, American Academy of Cosmetic Surgery, September 5-7, 2008.

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

2007 **Speaker** 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.

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

Speaker 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.

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.

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.

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.

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

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

Speaker Advances in Cosmetic Blepharoplasty, Brow, and Midface Lift, Practical Anatomy Workshop of St. Louis, January 28-29, 2005.

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

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

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

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

Publications

2022 [Article](#) on America's Best Plastic Surgeons 2022, Top 100 Plastic Surgeons for both Facelift and Rhinoplasty, Newsweek (in press 2022)

2021 **Invited Commentary** on Facial Plastic Surgery on Instagram: What is Trending? What is Working? Aesthetic Surgery Journal (in press, 2021)

Invited Commentary on COVID-19 Vaccine Considerations for the Aesthetic Patient. Facial Plastic Surgery & Aesthetic Medicine. (in press, 2021)

Textbook chapters Deep Necklift. Deep Plane Facelift. Cosmetic Facial Surgery, third edition (Niamtu, in press)

Textbook chapter Septal Graft (2): Harvesting Technique (Khan, Nahai, in press)

Textbook chapter Surgical Treatment of Rhinophyma

(Azizzadeh, in press)

Article Aesthetic Office Disaster Preparedness and Response Plan
Journal of Drugs in Dermatology, Volume 20, Issue 1, January 2021

- 2020** **Article** Local Infiltration of Tranexamic Acid With Local Anesthetic Reduces Intraoperative Facelift Bleeding: A Preliminary Report
Aesthetic Surgery Journal, Volume 40, Issue 6, June 2020
- 2019** **Article** Social Media Marketing in Facial Plastic Surgery: What Has Worked?
Facial Plast Surg Clin North Am. 2019 Aug.
- 2018** **Discussion** on The Role of Tranexamic Acid in Plastic Surgery: Review and Technical Considerations
Plast Reconstr Surg. 2018 Sep.
- 2012** **Textbook chapter** Aesthetic Cheek Implants.
Midfacial Rejuvenation. 9:105-115. 2012.
- 2009** **Article** Short-Scar Purse-String Facelift. Facial Plastic Surgery Clinics of North America. 17(4):549-556, 2009.
- 2003** **Textbook chapter** Head and neck lymphomas. Otolaryngologic Clinics of North America. 36(4):625-46, 2003.
- 1995** **Article** Dissecting RNA-protein interactions:
RNA-RNA recognition by Rop. Cell. 80:41-50, 1995.

Video Series

- 2021** **Mastering Rhinoplasty, Volume 2**
Quality Medical Publishing, St. Louis, MO, 2021
- Mastering Rhinoplasty, Volume 1**
Quality Medical Publishing, St. Louis, MO, 2021
- 2019** **Deep Neck Lift and SubSMAS Facial Rejuvenation**
Quality Medical Publishing, St. Louis, MO, 2019

Volunteerism

- 2008-present** Annual medical mission/teaching trips to National Otolaryngology Hospital, Hanoi, Vietnam (except 2019, 2020)

Personal

Languages

Proficient in spoken and written Spanish

Hobbies

Extensive singing experience in the Whiffenpoofs, the Saint Louis Chamber Chorus, and the Ambassadors of Harmony

Scuba diving