

CURRICULUM VITAE

Thomas L. Tzikas, M.D.

PERSONAL DATA

ADDRESS Thomas L. Tzikas, M.D., P.A.
190 Congress Park Drive
Suite 160
Delray Beach, FL 33445
Tel. (561) 330-9500 Fax (561) 330-8629

BIRTHDATE October 20, 1958

BIRTHPLACE Grevena, Greece (moved to the United States in January 1967)

CITIZENSHIP United States of America

MARITAL STATUS Married, two children

EDUCATION

Bachelor of Science (Biology), Magna cum laude
Boston College, Chestnut Hill, Massachusetts
1981

Doctor of Medicine
Georgetown University School of Medicine
Washington, D.C.
1985

POST GRADUATE EDUCATION AND TRAINING

INTERNSHIP General Surgery
St. Vincent's Medical Center
Yale University School of Medicine
Bridgeport, Connecticut
1985-1986

PRECEPTORSHIP Otolaryngology –Head and Neck Surgery
Facial Plastic Surgery
5th General Hospital (U.S. Army), Stuttgart, Germany
1986-1988

RESIDENCY General Surgery
Walter Reed Army Medical Center
Washington, D.C.
1989-1990

Otolaryngology – Head and Neck Surgery
Facial Plastic and Reconstructive Surgery
Walter Reed Army Medical Center
Washington, D.C.
1989-1992

POSTRESIDENCY
TRAINING Cosmetic Surgery Preceptorship
(One day per week/first assistant)
Benito B. Rish, M.D., F.A.C.S.
New York, NY
1992-1994

PREVIOUS POSITIONS Chief, Otolaryngology-Head and Neck Surgery
Facial Plastic and Reconstructive Surgery
Keller Army Hospital, United States Military Academy
West Point, New York
1992-1994

Sabbatical Year: Visiting Clinical Instructor
University of Thessaloniki, Greece
Department of Facial Plastic Surgery
Director, Tzikas Facial Plastic & Cosmetic Surgery Center
Thessaloniki, Greece
1995

Private Practice
Fort Lauderdale, FL
Member, Hospital Medical Staff at Florida Medical Center
Facial Plastic Surgery
1996-1998

**CURRENT
POSITION**

Private Practice
Facial Plastic Surgery
190 Congress Park Drive
Suite 160
Delray Beach, FL 33445
1998 – present

**ACADEMIC
APPOINTMENTS**

Clinical Instructor of Surgery
(Otolaryngology-Head and Neck Surgery/Facial Plastic
Surgery)
Uniformed Services University of Health Sciences
Bethesda, Maryland
1991-1992

Visiting Clinical Instructor
Facial Plastic and Reconstructive Surgery
Department of Otorhinolaryngology/Facial Plastic Surgery
University of Thessaloniki, Greece
1995-present

LICENSURE

State of Maryland
Board of Physician Quality Assurance
1988-1991

Commonwealth of Pennsylvania
Bureau of Professional and Occupational Affairs
December 1991-1996

Medical License, European Union
1994

Commonwealth of Massachusetts
Board of Registration in Medicine
1995-1996

State of Florida
Department of Business and Professional Regulation

1996-present

State of Michigan
Department of Consumer & Industry Services
1997-2000

State of New York
The University of the State of New York Education
Department
2000-present

**BOARD
CERTIFICATION**

National Board of Medical Examiners, U.S.A.
Diplomate 1987

American Board of Otolaryngology (Head & Neck Surgery)
Diplomate March 1993

Board of Medicine and Surgery
European Union
October 1993

Board of Otorhinolaryngology
European Union
December 1994

American Board of Facial Plastic and Reconstructive
Surgery
Diplomate June 1996

**PROFESSIONAL
SOCIETIES**

American Academy of Facial Plastic and Reconstructive
Surgery

American Medical Association

American Academy of Cosmetic Surgery

American Society of Lipo-Suction Surgery

American academy of Aesthetic and Restorative Surgery

Florida Society of Facial Plastic and Reconstructive Surgery

American Academy of Otolaryngology-Head and Neck Surgery

Florida Medical Association

Palm Beach County Medical Society

International Society of Cosmetic Laser Surgeons

European Academy of Facial Plastic Surgeons

American Society of Hair Restoration Surgery

International Society of Hair Restoration Surgery

AWARDS & HONORS

Alpha Epsilon Delta, International Premedical Honor Society, 1979

Citation of Honor
Boston Department of Health and Hospitals
Preschool Vision Screening Program, 1979

Boston College Recognition Award
Chemistry Tutorial Program, 1979, 1980

Massachusetts Premedical Surgical Training Award
1979, 1980

Health Professions Scholarship Award, United States Army, 1981-1985

UNITED STATES

MILITARY HISTORY

Commissioned Second Lieutenant, 1981

Academy of Health Services AMEDD officer Basic Course, Fort Devens,
Massachusetts, 1982

Promoted to Captain, 1985

Army Service Medal, 1986

Army Commendation Medal, 1988

Army Overseas Tour Ribbon, 1988

Promoted to Major, 1991

Honorable Discharge October 1994

SCIENTIFIC

PRESENTATIONS

Otoplasty: A Simple Combination Technique for Consistent and Superior Results. American Academy of Facial Plastic and Reconstructive Surgery, Spring Meeting, Palm Desert, California, April 1992.

Increasing the Tensile Strength of Skin Wounds At Early Healing Periods. Twelfth Southern Biomedical Engineering Conference, Tulane University, New Orleans, Louisiana, April 1993.

The Effects of Platelet-Derived Growth Factor and Zyplast on the Tensile Strength of Wounds Closed Under Tension. Sixth International Symposium of Facial Plastic Surgery, San Francisco, California, June 1993.

Wound Healing: Tensile Strength vs. Healing Time for Wounds Closed Under Tension. American Academy of Facial Plastic and Reconstructive Surgery Spring Meeting, Palm Beach, Florida. May 1994.

Carbon Dioxide Laser Resurfacing: Care and Avoidance of Complications. Third Medical Aesthetic Symposium, Florida Medical Aesthetic Association. PGA National Resort and Spa, West Palm Beach, Florida.

February 1997.

VIDEO PRESENTATION – The use of multilayer Expanded Polytetrafluoroethylene implants for facial and lip augmentation. Instructional video for physicians featuring Thomas L. Tzikas, M.D., Sponsored by the W.L. Gore company. March 1998

ePTFE (Goretex) Lip Augmentation: A multilayered technique. 7th International

Symposium on Facial Plastic Surgery, Orlando, Florida.
June 16-20, 1998.

Radiance™ FN: Facial Soft Tissue Augmentation. 10th Annual Winter
Symposium on the latest advances in Facial Plastic Surgery,
Snowmass, Colorado. February 18, 2003.

Radiance™ FN: A Preliminary Clinical Evaluation for Aesthetic Facial Soft Tissue
Augmentation. COSM (Combined Otolaryngological
Spring Meeting) American Academy of Facial Plastic
Surgery, Nashville, Tennessee. May 2-6, 2003.

Lipografting: Autologous Fat Grafting for Total Facial Rejuvenation. COSM
(Combined Otolaryngological Spring Meeting) American
Academy of Facial Plastic Surgery, Nashville, Tennessee.
May 2-6, 2003.

Soft Tissue Facial Augmentation Symposium. Internet Teleconference, U.S. Health
Connect. September 10, 2003.

Lipografting Instruction Course, American Academy of Facial Plastic and
Reconstructive Surgery Fall Meeting, Orlando, Florida.
September 18, 2003.

Scientific Session on Filling Agents: Radiance FN Soft Tissue Facial
Augmentation, American Society of Dermatologic Surgery,
New Orleans, Louisiana. October 10, 2003.

Instruction Course on Facial Soft Tissue Fillers. Radiance FN Soft Tissue Facial
Augmentation, American Society of Dermatologic Surgery,
New Orleans, Louisiana.
October 9, 2003.

VIDEO PRESENTATION – Radiance Soft Tissue Facial
Augmentation. Instruction Video for Physicians Featuring
Thomas L. Tzikas, M.D. Sponsored by BioForm Inc.
October 2003.

Emerging Technologies in Aesthetic Procedures, Conducted
in Cooperation with the Florida Society of Plastic Surgeons
Annual Meeting, Aventura, Florida. December 6, 2003.

Radiance™ FN: A Preliminary Clinical Evaluation for Aesthetic Facial Soft Tissue
Augmentation. Twentieth Annual Scientific Meeting,
American Academy of Cosmetic Surgery, Hollywood,

Florida.
January 29, 2004.

Radiance™ FN: A Clinical Evaluation for Aesthetic Soft Tissue Augmentation.
Meeting of the International Federation of Facial Plastic
Surgery Societies. Royal College of Surgeons of England,
London, England. May 17, 2004.

Autologous Fat Transfer Workshop, Multiple Presentations, American Academy of
Facial Plastic and Reconstructive Surgery 40th Annual
Meeting, New York, New York, September 21, 2004.

Lipografting: Alone or as Combined Technique for Facial Rejuvenation, World
Congress on Liposuction Surgery, American Academy of
Cosmetic Surgery, St. Louis, Missouri, October 2, 2004.

Lipografting: Autologous Fat Grafting for Total Facial Rejuvenation, Florida
Society of Facial Plastic and Reconstructive Surgery Annual
Fall Meeting, Hollywood, Florida, November 14, 2004.

Autologous Fat Grafting for Midface Augmentation, 2005 Combined Otolaryngic
Spring Meetings, American Academy of Facial Plastic and
Reconstructive Surgery, Boca Raton, Florida, May 14, 2005.

Long Term Follow-up with Radiesse, Facial Cosmetic Surgery 2005, Multi-
Specialty Foundation for Facial Aesthetic Surgical
Excellence, The Bellagio, Las Vegas, Nevada, June 19,
2005.

Lipografting Used in Combination with Facelifts and Blepharoplasties, Facial
Cosmetic Surgery 2005, Multi-Specialty Foundation for
Facial Aesthetic Surgical Excellence, The Bellagio, Las
Vegas, Nevada, June 19, 2005.

Radiesse Technique and Critical Analysis of Results,
Presenter, American Academy of Facial Plastic and
Reconstructive Surgery Fall Meeting 2005, Los Angeles,
California, September 23, 2005.

Radiesse Soft Tissue Augmentation, Panelist, American Academy of Facial Plastic
and Reconstructive Surgery Fall Meeting 2005, Los
Angeles, California, September 23, 2005.

Fat Augmentation in Facial Rejuvenation, Presenter, American Academy of Facial Plastic and Reconstructive Surgery Fall Meeting 2005, Los Angeles, California, September 23, 2005.

Fat Augmentation in Facial Rejuvenation, Panelist, American Academy of Facial Plastic and Reconstructive Surgery Fall Meeting 2005, Los Angeles, California, September 23, 2005.

Autologous Fat Grafting for Facial Rejuvenation, Intense Learning Session, Moderator, American Academy of Facial Plastic and Reconstructive Surgery Fall Meeting 2005, Los Angeles, California, September 23, 2005.

Overview of Fat Grafting for Facial Rejuvenation, Intense Learning Session, Presenter, American Academy of Facial Plastic and Reconstructive Surgery Fall Meeting 2005, Los Angeles, California, September 23, 2005.

An Introduction to Facial Lipografting, Florida Society of Facial Plastic and Reconstructive Surgery Annual Fall Meeting, Royal Pacific Resort at Universal Studios, Orlando, Florida, November 13, 2005.

Mid-Face Rejuvenation Using Fat Grafting, Rejuvenation of the Aging Face, The Art and Science of Surgery, American Academy of Facial Plastic and Reconstructive Surgery, Boca Raton Resort and Club, Florida, February 20, 2006.

Approaches to the Midface, Panelist, The Art and Science of Surgery, American Academy of Facial Plastic and Reconstructive Surgery, Boca Raton Resort and Club, Florida, February 20, 2006.

Radiesse (Injectables and Fillers), Rejuvenation of the Aging Face, The Art and Science of Surgery, American Academy of Facial Plastic and Reconstructive Surgery, Boca Raton Resort and Club, Florida, February 22, 2006.

Injectables and Fillers, What Do You Want to Know About Injectables and Fillers?, Panelist, Rejuvenation of the Aging Face, The Art and Science of Surgery, American Academy of Facial Plastic and Reconstructive Surgery, Boca Raton Resort and Club, Florida, February 22, 2006.

Live Demonstration Fat Injection (DVD Presentation),

Rejuvenation of the Aging Face, The Art and Science of Surgery, American Academy of Facial Plastic and Reconstructive Surgery, Boca Raton Resort and Club, Florida, February 22, 2006.

Tips and tricks of Injectable Fillers: Things you didn't know you could do. Presentation on Fat Grafting, Radiesse, Restylane, Silicone. 9th International Symposium of Facial Plastic Surgery, Las Vegas, Nevada, May 1, 2006.

Tips and tricks of Injectable Fillers: Things you didn't know you could do. Panelist, 9th International Symposium of Facial Plastic Surgery, Las Vegas, Nevada, May 1, 2006.

Injectable Facial Contouring for Rejuvenation of the Face. 9th International Symposium of Facial Plastic Surgery, Las Vegas, Nevada, May 4, 2006.

Radiesse Clinical Trials, American Academy of Facial Plastic and Reconstructive Surgery Fall Meeting, Toronto, Canada, September 15, 2006.

Biologic Fillers and Fat Transfer, The American Academy of Facial Plastic and Reconstructive Surgery Fall Meeting, Toronto, Canada, September 15, 2006.

The Latest in Injectables, Panelist, The American Academy of Facial Plastic and Reconstructive Surgery Fall Meeting, Toronto, Canada, September 15, 2006.

Radiesse. Beyond the Cutting Edge: Advances in Facial Contouring. Radiesse Overview and 4 Year Clinical Experience, Breakfast Symposium, Course Director, The American Academy of Facial Plastic and Reconstructive Surgery Fall Meeting, Toronto, Canada, September 16, 2006.

Radiesse. Beyond the Cutting Edge: Advances in Facial Contouring, Breakfast Symposium, Panelist, The American Academy of Facial Plastic and Reconstructive Surgery Fall Meeting, Toronto, Canada, September 16, 2006.

Fat Transplantation, Surgical Upper Face Rejuvenation Overview of Techniques,

The American Academy of Facial Plastic and Reconstructive Surgery Fall Meeting, Toronto, Canada, September 16, 2006.

Non-Invasive Upper Face Rejuvenation, Panelist, The American Academy of Facial Plastic and Reconstructive Surgery Fall Meeting, Toronto, Canada, September 16, 2006.

My Experience with Radiesse (4.5 Years and >1,000 patients), Faculty Member, 2nd Annual Radiesse Medical Education Faculty Strategic and Future Product Research Conference, The Boulders Resort, Carefree, AZ, May, 2007

Advanced Techniques in Injectables and Fillers, 3rd Annual Facial Cosmetic Surgery Meeting, The Bellagio, Las Vegas, NV, June 2007

Fat Grafting for Facial Rejuvenation – Pearls for Obtaining the Best Results, 3rd Annual Facial Cosmetic Surgery Meeting, The Bellagio, Las Vegas, NV, June 2007

Emerging Trends and Technologies, Instructional Course Speaker, The American Academy of Facial Plastic and Reconstructive Surgery Fall Meeting, Ronald Reagan Building and International Trade Center, Washington, D.C., September 2007

Autologous Fat Grafting for Facial Rejuvenation, The American Academy of Facial Plastic and Reconstructive Surgery Fall Meeting, Ronald Reagan Building and International Trade Center, Washington, D.C., September 2007

Fillers and Beyond, Organizer, The American Academy of Facial Plastic and Reconstructive Surgery Presents a Series of Comprehensive Workshops, Organizer, The Boca Raton Resort, Boca Raton, FL, December 2007

Facial Volume Enhancement: Best Uses of Facial Fillers and Fat. 5th Annual Facial Cosmetic Surgery Meeting, The Bellagio, Las Vegas, NV, June 2009

Combining the Use of Fillers and Resurfacing, 5th Annual Facial Cosmetic Surgery Meeting, The Bellagio, Las Vegas, NV, June 2009

Fat Grafts for Facial Volume Restoration, The American Academy of Facial Plastic and Reconstructive Surgery Fall

Meeting, San Diego, CA, October 2009

Facial Augmentation with Fat, 10th International
Symposium of Facial Plastic Surgery, Hollywood, FL, April
29th, 2010

Fillers for Facial Contouring and Selection, 10th
International Symposium of Facial Plastic Surgery,
Hollywood, FL, May 1st, 2010

PEER REVIEWED
SCIENTIFIC
PUBLICATIONS

Tzikas TL, Vossoughi J, Burgess LPA, Pickett BP, Brammer RE. Increasing the Tensile Strength of Skin Wounds at Early Healing Periods. Proceedings of the Twelfth Southern Biomedical Engineering Conference, Tulane University, New Orleans, Louisiana, April 1993, pages 69-71.

Tzikas TL, Burgess LPA, Pickett BP, Brammer RE, Vossoughi J. The Effects of Platelet-Derived Growth Factor and Zyplast on the Tensile Strength of Wounds Closed Under Tension. Laryngoscope 106:322-327, 1996.

Pickett BP, Burgess LPA, Livermore GH, Tzikas TL, Vossoughi J. Wound Healing: Tensile Strength vs. Healing Time for Wounds Closed Under Tension. Archives of Otolaryngology-Head & Neck Surgery 122:565-568, 1996.

Tzikas TL, Platelet Gel: Platelet-rich Plasma Reduces Bleeding, Speeds Healing. Cosmetic Surgery Times. October 2000, Page 36.

Tzikas TL, Radiance™ FN: Collagen Alternative for Facial Soft Tissue Augmentation Offers Good Results. Cosmetic Surgery Times. July 2003, Page 16.

Tzikas TL, Evaluation of Radiance™ FN: Soft Tissue Filler for Facial Soft Tissue Augmentation. Archives of Facial Plastic Surgery. 6:234-239, 2004.

Tzikas, TL, Lipografting: Autologous Fat grafting for Total Facial Rejuvenation, Facial Plastic Surgery, Volume 20, Number 2, 2004, pages 135-143.

Tzikas, TL, Autologous Fat Grafting for Midface Rejuvenation, Facial Plastic Surgery Clinics of North America, Volume 14, 2006, pages 229-240.

Plasma Skin Resurfacing, Samuel M. Lam, M.D., Thomas L. Tzikas, M.D., Simplified Facial Rejuvenation, Melvin Shiffman, ed., Amolca C.A., Caracas, Venezuela, 2007.

Combined Techniques for Ablative Skin Resurfacing: Phenol, Trichloroacetic Acid, and Mechanical Dermabrasion, Samuel M. Lam, M.D., Thomas L. Tzikas, M.D., Simplified Facial Rejuvenation, Melvin Shiffman, ed., Amolca C.A., Caracas, Venezuela, 2006.

Calcium Hydroxylapatite (Radiesse) For Correction of the Mid- and Lower Face: Consensus Recommendations, Plastic and Reconstructive Surgery Journal, Volume 120, Number S, Thomas L. Tzikas, M.D., Miles H. Gravier, M.D., Lawrence S. Bass, M.D., Mariano Busso, M.D., Michael E. Jasin, M.D., Rhoda S. Narins, M.D., November Supplement 2007

Thomas L. Tzikas, M.D., A 52-Month Summary of Results Using Calcium Hydroxylapatite for Facial Soft Tissue Augmentation, Dermatologic Surgery Journal, Volume 34, Number S1, June 2008