In this issue
Message from the chair ............................................................ 2
Welcoming Wendy Ng, MD ....................................................... 3
Videos show what to expect during popular procedures ........ 4
New options provide relief from migraine headaches .......... 5
Brachial plexus clinic thrives at CHOC Children’s .......... 6
Events .................................................................................. 7
Message from the chair

It is with much pleasure that I present this New Year edition of the Department of Plastic Surgery newsletter. We have had an exciting fall and I want to share what our faculty and staff have accomplished.

We recently filmed two videos to demonstrate our most popular noninvasive procedures — chemical peel and Botox injections. In these videos, we show how our physicians care for the whole patient when they seek procedures to maintain a more youthful appearance. I can tell you from personal experience that undergoing a chemical peel is serious business, and I was glad to be in the capable hands of Dr. Amber Leis.

We also welcomed a new faculty member, Dr. Wendy Ng. She came to us from Canada, where she did her plastic surgery training, followed by a fellowship in hand surgery here in the United States. You can read more about her expertise in this newsletter, along with other highlights from our faculty physicians.

Our department has been actively involved in outreach events to better educate the community about their health. For instance, in October we participated in Bra Day. We hosted an educational seminar at Seasons 52 in Costa Mesa to share the newest developments in breast cancer and reconstructive surgery.

I’m proud to say that the Department of Plastic Surgery continues to grow and provide the patients of Orange County all aspects of Plastic Surgery, including pediatrics, craniofacial, aesthetics and cancer reconstruction. We have expanded to three office locations and would love to see you.

Sincerely,

Gregory R.D. Evans, MD, FACS
Chair, Department of Plastic Surgery

Department of Plastic Surgery faculty members

Gregory R.D. Evans, MD  
Daniel C. Jaffurs, MD, PhD  
Mark R. Kobayashi, MD  
Amber Leis, MD  
Wendy K.Y. Ng, MD  
Keyianoosh Paydar, MD  
Raj M. Vyas, MD  

Gregory R.D. Evans, MD, FACS  
Chair, Department of Plastic Surgery
Welcoming Wendy Ng, MD

Dr. Wendy K.Y. Ng is a fellowship-trained plastic surgeon who specializes in hand surgery, upper extremity surgery and microsurgery. She is also trained in plastic surgery procedures of the face and breasts. Ng has interests in extremity nerve compression syndromes such as carpal tunnel and cubital tunnel. She is comfortable with treatment of pediatric congenital hand anomalies, including duplicate digits and syndactyly. In addition, she enjoys reconstruction for both osteoarthritis and rheumatoid hand, including tendon centralization and transfer procedures, as well as joint replacements.

Ng earned her medical degree from the University of Western Ontario in London, Ontario. She completed a residency in plastic surgery at McMaster University in Hamilton, Ontario, followed by a fellowship in hand and upper extremity and microsurgery from the University of Arizona College of Medicine and The Center for Orthopedic Research and Education in Phoenix. During her fellowship, she pursued further international experience in Vienna, Austria. In addition to quality clinical care, her ongoing research interests include tendon healing and rehabilitation, and she has been awarded several significant musculoskeletal research support grants throughout her training. Ng has published research findings in many peer-reviewed journals, on a variety of plastic surgery topics ranging from breast reconstruction to brachial plexus salvage procedures.

Ng is the recipient of numerous awards including the Martin J. Inwood Award for the Editor-in-Chief for her contributions to the University of Western Ontario Medical Journal. She is a member of the Royal College of Physicians and Surgeons of Canada.

Clinic locations:
200 S. Manchester Ave., Suite 650
Orange, CA 92868

Pacific Medical Plaza
1640 Newport Blvd., Suite 240
Costa Mesa, CA 92627

1451 Irvine Blvd.
Tustin, CA 92780

To make an appointment with Dr. Ng, call 714-456-3077.
Videos show what to expect during popular procedures

If you’ve ever considered Botox injections or a chemical peel, our dedicated plastic surgery specialists are here for you. Our team recently filmed two videos showing how the procedures are performed and answering common questions that arise.

**Chemical peel: What to expect**

The purpose of a chemical peel is to remove the top layer of skin, which might have spots or other damage, and allow the skin to regenerate a newer, healthy layer. Dr. Amber Leis demonstrates a typical chemical peel procedure with the help of VIP patient, Dr. Greg Evans, chair of the Department of Plastic Surgery. Leis shows each step of the chemical peel process, including “before” and “after” photos of the procedure. Patients can learn the benefits of chemical peel, which include lessening pigmentation, reduction of wrinkles and improvement of overall skin appearance.

**Botox injections: What to expect**

Botox and other similar injections are the most common nonoperative cosmetic procedure in the world. Dr. Gregory Evans demonstrates how Botox injections are performed, and what patients can expect, step by step.

While the procedure is straightforward and can be performed over a lunch hour, Evans warns that there are risks and potential for complications. To ensure the best outcome, patients are advised to choose a board certified plastic surgeon, specially trained to administer the injections.

View the videos at [youtube.com/ucirvinehealthcare](http://youtube.com/ucirvinehealthcare)
New options provide relief from migraine headaches

Do you or someone you know suffer from chronic migraines? If so, you know how debilitating they are, often resulting in missed work and time with loved ones. Fortunately, surgery is now available to help permanently treat chronic migraines. Rigorous research and clinical trials have demonstrated that migraine headaches are often triggered by facial nerves that are irritated or compressed by surrounding bones, muscles and vessels. These nerves are located above the eyes, in the temple areas, inside the nose or behind your neck. Migraine sufferers know they can often point with one finger to the exact location where their pain begins.

We now know they are pointing to one of these “trigger” nerves. Although migraine headaches are centrally mediated, spreading as a wave across brain cells, they open more superficial pain gates through peripheral facial nerves such as the trigeminal nerve and occipital nerves.

Dr. Raj Vyas specializes in facial reconstruction and facial aesthetics; his expertise in the surgical treatment of chronic migraines stems naturally from his experience with delicate facial anatomy.

How it works

In collaboration with your neurologist, Vyas will ask you to keep a headache journal to precisely identify where your migraines start. He will inject Botox™ in these areas; if it provides temporary relief (usually about three months), you are likely a candidate for permanent relief with safe, same-day surgery. The surgery entails decompressing the muscle, fascia, bone and vessels around specific sensory nerves in the forehead, temple area and around the back of the neck.

For additional information or to make an appointment, call 714-456-3077.
Brachial plexus clinic thrives at CHOC Children’s

Amber Leis, MD
Assistant Clinical Professor, Plastic Surgery
Co-Director of Hand Surgery
Associate Program Director

The Brachial Plexus Clinic at CHOC Children’s continues to grow. It is one of only a few comprehensive clinics to treat these injuries in the country. There, children who have damage to the brachial plexus are evaluated and treated by Dr. Amber Leis and her dedicated hand therapist, Vicky Vu. Both are passionate about treating children.

Brachial plexus palsy in children usually occurs from stretching of the neck during the labor and delivery process. Babies with brachial plexus palsy may not move their arm normally, and may have loss of sensation. Although most children will recover on their own, therapy is critical to this process. For the children who do not recover within a few weeks, surgery may be required. The surgery is performed with the use of microscopes to allow for precision in the reconstruction. Nerve grafts or transfers may be required. Later reconstruction may involve moving muscles or tendons. “I like to evaluate patients as early as possible, to be part of their journey and provide long-term care to ensure the best possible outcome,” Leis said.

Leis sees children in the Brachial Plexus Clinic at CHOC Children’s every week.
Events

Physicians present options for breast reconstruction

In October, UC Irvine Health plastic surgery specialists held a seminar to support BRA Day, dedicated to breast reconstruction awareness. Lectures presented by Dr. Keyianoosh Paydar and Dr. Gregory R.D. Evans shared information about breast reconstruction surgery and the options patients have to achieve the best aesthetic results.

Physicians give lectures at international meetings

Department chair Dr. Gregory Evans traveled far and wide to share his expertise about plastic surgery. Evans visited London, Japan and China to share information about breast reconstruction, aesthetic surgery, body contouring and laboratory work.

Surgeons go live on Facebook to field questions

In December, UC Irvine Health plastic surgeons Dr. Gregory Evans and Dr. Raj Vyas hosted a live video on Facebook to answer questions, debunk myths and address misconceptions about plastic surgery. Questions included, “How long does Botox last?” “When is the best time to get a tummy tuck?” and “Can you still breastfeed after getting implants?”

If you missed the live event, you can watch it on Facebook.  
facebook.com/UCIrvineHealth

Our locations

UC Irvine Health  
Aesthetic & Plastic Surgery  
200 S. Manchester Ave.  
Suite 650  
Orange, CA 92868  
714-456-3077

UC Irvine Health  
Pacific Coast Plastic Surgery  
1640 Newport Blvd.  
Suite 240  
Costa Mesa, CA 92627  
949-999-2411

UC Irvine Health — Tustin  
1451 Irvine Blvd.,  
Bldg. 400  
Tustin, CA 92780  
714-456-3077