



# AYUSH K KAPILA

MBBS BSC (HONS) AKC MD MMED FCCP FEBOPRAS

I am a double-board certified plastic surgeon with a passion for surgical practice and a strong interest in research and academia. I strive to being personable, hardworking, and approachable, with the aim of practising as a responsible, well-formed, and ethical surgeon.

## CONTACT



+32 477 46 32 18



info@doctorkapila.com



68b St Anna Dreef, 1020 Brussels



17th of March 1991

## CERTIFICATION

- European Board of Plastic, Reconstructive and Aesthetic Surgery - Fellow (FEBOPRAS)
- Collegium Chirurgicum Plastics - Fellow (FCCP)
- Royal College of Surgeons - Member
- Orde der Artsen RIZIV/INAMI - Full Registration 1-79380-70-210
- General Medical Council - Full registration

## DEGREES

- MMed - Advanced Masters in Plastic, Reconstructive and Aesthetic Surgery, Vrije Universiteit Brussels
- MD - Doctor in Medicine, Belgian Federal Health Agency
- MBBS - King's College London
- BSc (Hons) - Imperial College London
- AKC - King's College London

## EXPERIENCE

### PLASTIC, RECONSTRUCTIVE AND AESTHETIC SURGEON

#### 2023 - Present (current workplaces)

Brussels University Hospital (UZ Brussel)  
Delta Chirec Private Hospital  
OgeePlast Clinic Brussels  
MV Art Clinic Brussels

### AESTHETIC AND RECONSTRUCTIVE SURGERY FELLOW

#### May 2024 - July 2024

The London Clinic, London, United Kingdom

### AESTHETIC SURGERY FELLOW

#### January 2024 - April 2024

Kuzbari Centre of Aesthetic Surgery, Vienna, Austria,

### MICROSURGERY SENIOR FELLOW

#### July 2023 - January 2024

Guy's and St. Thomas NHS Trust, London, United Kingdom

### PLASTIC SURGERY RESIDENCY

#### 2017 - 2023

|                      |  |
|----------------------|--|
| Aug 2022 – July 2023 | University Hospital Brussels (UZ Brussel)    |
| Aug 2021 – July 2022 | Guy's and St. Thomas' NHS Trust, London      |
| Feb 2020 – Aug 2021  | University Hospital Brussels (UZ Brussel)    |
| Aug 2019 – Feb 2020  | CHU Tivoli, La Louvière and Delta, Brussels  |
| Aug 2018 – July 2019 | CHU Brugmann Hospital, Brussels              |
| Aug 2017 – Aug 2018  | Mid Essex NHS (Burns, Hand, Plastic Surgery) |

### FOUNDATION DOCTOR AND CLINICAL ATTACHMENTS

#### 2015 - 2017 and 2014

|                      |  |
|----------------------|--|
| Aug 2015 - July 2016 | Guy's and St. Thomas' Hospitals              |
| Aug 2016 - July 2017 | East Kent Hospitals                          |
| Sept 2014            | Memorial Sloan Kettering Cancer Centre       |
| Aug 2014             | Emory University Hospitals (Plastic Surgery) |
| May 2014             | Cambridge University Hospitals (O&G)         |

## EDUCATION

---

### 2017 - 2024

#### PLASTIC, RECONSTRUCTIVE AND AESTHETIC SURGERY

**MMed** (2023) - Masters in Specialist Medicine in Plastic, Reconstructive, Aesthetic Surgery  
Vrije Universiteit Brussel (VUB)  
Highest Distinction

**FCCP** (2023) - Fellow of Collegium Chirurgicum Plasticum (Board-Certification)  
Federal Health Agency of Belgium  
Highest National Score (19/20) and Highest Distinction

**FEBOPRAS** (2024) - Fellow of European Board of Plastic, Reconstructive and Aesthetic Surgery (Board-Certification)  
European Union of Medical Specialists (UEMS-PRAS)

**MRCS** (2018) - Member of the Royal College of Surgeons of England  
Royal College of Surgeons of England

### 2009-2017

#### MEDICINE

**MD** (2017) - Doctor in Medicine  
Belgian Federal Health Agency  
Visum van Arts in België

**MBBS** (2015) - Bachelor in Medicine, Bachelor in Surgery  
King's College London, University of London  
Distinction in Medical Sciences and Distinction in Research Sciences

**BSc (Hons)** (2012) - Bachelor in Science (Honours)  
Imperial College London  
Medical Sciences with Surgery and Anaesthesia (Honours)

**AKC** (2012) - Associateship of King's College  
King's College London, University of London  
Philosophy and Theology

### 2003-2009

#### HUMANIORA - SECONDARY SCHOOL

**Diploma Secundair Onderwijs** (2009)  
Sint-Barbara College, Ghent, Belgium  
Jesuit College of East Flanders  
Great Distinction  
Section: Latin with Higher Mathematics (8 hours)

## AWARDS AND HONOURS

---

1. APEX Award of Excellence – Awards for Publication Excellence, 2022
2. Best Paper Award – ASJ Open Forum, 2021
3. First Prize - Best Resident's Paper, Autumn Meeting, Royal Belgian Society of Plastic Surgery, 2019
4. First Prize Oral Presentation, British Society of Orthopaedic Anaesthetists, 2016
5. First Prize Poster at the London Regional Surgical Audit Conference, 2016
6. Merit for Exceptional Leadership as a Foundation Doctor – Guy's and St. Thomas' Hospitals, 2016
7. Merit for Best Portfolio as a Foundation Doctor – Guy's and St. Thomas' Hospitals, 2016
8. Distinction in Medical Sciences from King's College London, 2015
9. Distinction in Research Sciences (Special Studies) from King's College London, 2015
10. President's Award, Runner Up, from the Royal College of Anaesthetists, 2012
11. Laurel and Gold Crown for dedication to the King's College London Community, 2014
12. Full Blues and Full Colours for sporting achievements for Guy's King's and St. Thomas', 2015

## RESEARCH APPOINTMENTS

---

1. Associate Editor, Plastic and Reconstructive Journal (Global Open)
2. Reviewer, Plastic and Reconstructive Journal (PRS)
3. Reviewer, Plastic and Reconstructive Journal (Global Open) (PRS GO)
4. Reviewer, Journal of Plastic, Reconstructive and Aesthetic Surgery (JPRAS)
5. Reviewer, Gland Surgery
6. Honorary Research Fellow, Guy's and St. Thomas' NHS Trust
7. PhD Doctoral Candidate - Vrije Universiteit Brussel (VUB)

## MEMBERSHIPS

---

1. Fellow of the Collegium Chirurgicum Plasticum, Belgium
2. Fellow of the European Board of Plastic, Reconstructive, and Aesthetic Surgery
2. Editorial Board, Plastic and Reconstructive Journal Global Open, American Society of Plastic Surgeons
3. Member of the Royal Belgian Society of Plastic Surgery
4. Past President of the Belgian Residents in Plastic Surgery Organization
5. Past Member of the Resident Advisory Board, Plastic and Reconstructive Journal
6. Member of the Royal College of Surgeons, United Kingdom

## PUBLICATIONS

---

1. Kapila AK, Wakure A, Morgan M, Belgaumwala T, Ramakrishnan V. (2020). Characteristics and outcomes of primary interposition vascular grafts in free flap breast reconstruction. *Journal of Plastic, Reconstructive & Aesthetic Surgery*, 73(12), 2142-2179. DOI: 10.1016/j.bjps.2020.05.060
2. Kapila AK, Iyer H, Mohanna P, Rose V, See M, Roblin P, Mughal M. Enhancing Abdominal Donor Site Aesthetics: The Double Diamond Drainless Closure with Barbed Progressive Tension Sutures. *Journal of Plastic, Reconstructive & Aesthetic Surgery*, In Press.
2. Kapila AK, Schettino M, Farid Y, Ortiz S, Hamdi M. (2020). The Impact of Coronavirus Disease 2019 on Plastic Surgery Training: The Resident Perspective. *Plastic and Reconstructive Surgery–Global Open*, 8(7), e3054. DOI: 10.1097/GOX.0000000000003054
4. Kapila AK, Kempny T, Knoz M, Holoubek J, Lipovy B, Hamdi M (2023). An algorithm in managing deep inferior epigastric vessel interruption in free flap breast reconstruction. *Plastic and Reconstructive Surgery Global Open*. 11(4):p e4938. DOI: 10.1097/GOX.0000000000004938
5. Kapila AK, Hamdi M. (2024). Time to Evolve Plastic Surgery Education? Integrating Robotic Techniques and Artificial Intelligence into Training Curricula. *Plastic and Reconstructive Surgery–Global Open*, 12(5), e5778. DOI: 10.1097/GOX.0000000000005778
6. Kapila AK, Mughal M, Roblin P, Mohanna P (2023). Reply to: Early experience with Synovis Flow Coupler and major pitfalls in its use in 18 microsurgical free flaps. *Journal of Plastic, Reconstructive & Aesthetic Surgery*. 90 (330-332). <https://doi.org/10.1016/j.bjps.2023.10.137>.
7. Kapila AK, Zeltzer A (2022). Lateral thoracic lymph node flap for lower limb lymphedema. Book Chapter in *Clinical Scenarios in Reconstructive Microsurgery*, edited by Andreas Gravvanis, Despoina D. Kakagia and V Ramakrishnan. Springer Nature Switzerland.
8. Kapila AK, Farid Y, Kapila V, Schettino M, Vanhoeij M, Hamdi M (2020). The perspective of surgical residents on current and future training in light of the COVID-19 pandemic. *The British Journal of Surgery*. DOI: 10.1002/bjs.11761
9. Kapila AK, Ram A, D'Uva L, Farid Y, Talib M. (2020). The importance of assessing the self-reported impact of COVID-19 on clinician mental health. *The European Journal of Psychiatry*. 34(4). 223-224. DOI: 10.1016/j.ejpsy.2020.06.002

## PUBLICATIONS

---

10. Kapila AK, De Baerdemaeker R, Bakal F, Hanssens V, Spinnael J, Hendrickx B, Zeltzer B, Hamdi M (2019). A rare case of KID syndrome: the use of hydrosurgery and strategies for antiseptic wound care. *Advances in Skin and Wound Care*. 32(10), 1-6. DOI: 10.1097/01.ASW.0000580480.86585.3a
11. Kapila AK, Herd A, Knife N, Chaplin P (2019). A prospective cohort study on the impact of reflexology in breast cancer patients using the MYCaW scale. *Clinical Breast Cancer*. 19:2: e319-e326. DOI: 10.1016/j.clbc.2018.12.007
12. Kapila AK, Hamdi M, Patel A (2018). Clinicians should actively promote exercise in breast cancer survivors. *Clinical Breast Cancer*. 18: 5, e747 - e749. DOI: 10.1016/j.clbc.2018.06.008
13. Kapila AK, Bashir S, Srinivasaiah N (2018). When cancer makes it imperative to rethink diet. *The Times of India*. Page 2, 18/02/2018.
14. Kapila AK, Esland JDT, Gwozdz AM, Saha P, Black SA (2017). The role of stenting in venous disease. *Phlebology*. 24:2, 16-24.
15. Kapila AK, Watts HR, Wang T, Ma D (2014) The impact of surgery and anesthesia on post-operative cognitive decline and Alzheimer's disease development: Biomarkers and preventive Strategies. *J Alzheimers Disease* 41, 1-13. DOI: 10.3233/JAD-132258
16. Hamdi M, Kapila AK, Peters E, Ramaut L, Waked K, Giunta G, De Baerdemaeker R, Zeltzer A. (2024). Polyurethane Implants in Revisional Breast Augmentation: A Prospective 5-Year Study. *Aesthetic Surgery Journal*, 44(6), NP379-NP390.
17. Hamdi M, Kapila AK, Waked K (2023). Current Status of Autologous Reconstruction in Europe: How to reduce donor site morbidity (2023). *Gland Surgery*. 12(12), 1760.
18. Giunta G, Kapila AK, Brussaard C, Nistor A, De Baerdemaeker R, Zeltzer A, Hamdi M (2023). Redefining the vascular anatomy of the medial gastrocnemius muscle: a computed tomography angiography study. *Journal of Plastic, Reconstructive & Aesthetic Surgery*. 83, 165-171.
19. Chowdhury RA, Kapila AK, Mohanna PN, See M, Ho-Asjoe M, Rose V, Roblin P, Mughal M (2024). Patient-reported and surgical outcomes of Profunda Artery Perforator (PAP) Flap Breast Reconstructions compared to Deep Inferior Epigastric Perforator (DIEP) using BREAST-Q. *Journal of Plastic, Reconstructive & Aesthetic Surgery*. In Press.

## PUBLICATIONS

---

20. Geeroms M, Pai A, Ceuterick B, Kapila AK (2022). Is the Systematic Sponge Count an Impediment to Patient Care During Plastic Surgical Procedures?. *Plastic and Aesthetic Nursing* 42, no. 2: 103-110.
21. Geeroms M, Dourado JAG, El Abbadi S, De Cock D, and Kapila AK (2022). A Professional Personality Is Pivotal in Plastic Surgery Residency. *Indian Journal of Surgery*: 1-10.
22. Farid Y, Kapila AK, Schettino M, Ortiz S, Vermynen O, Wauthy P, Hamdi M (2020). Assessing the skillset of surgeons facing the COVID-19 pandemic. *The British Journal of Surgery*. 107(9):e294-e295. DOI: 10.1002/bjs.11723
23. Abboud N, Kapila AK, Abboud S, Abboud M (2021). The combined effect of intravenous and topical tranexamic acid in liposuction: a randomized double-blinded controlled trial. *Aesthetic Surgery Journal Open Forum*. 3(1). DOI: 10.1093/asjof/ojab002. Best Paper and APEX awards.
24. Abboud M, Kapila AK, Abboud N, Bogaert S (2021). Composite Breast Remodeling after Implant Removal by Tissue Recruitment and Loops Fixation with Power-Assisted Liposuction and Lipofilling (PALLL). *Aesthetic Surgery Journal*. 41(7), 770-782.
25. Farhadi J, Kapila AK (2016). Skin-or Nipple-sparing Mastectomy and Reconstruction in the Large and Ptotic Breast. Chapter 9 in the Book: *Breast Cancer Surgery and the Principles of Oncoplastic Surgery for Partial and Total Breast Reconstruction*. Edited by: Atiyeh B, Abbas J, Ahmed A. Lambert Publishing.
26. Kapila V, Kapila AK, Tailly T, Rappe B, Juul KV, Everaert K (2016). The analgesic action of desmopressin in renal colic. *Clinica Acta Belgica*. Jun;72(3):179-185. DOI: 10.1080/17843286.2016.1230569
27. Esland JDT, Kapila AK, Anderson S (2016). Abdominal Tuberculosis. *Foundation Years Journal*. November 2016
28. Farid Y, Schettino M, Kapila AK, Hamdi M, Cuyllits N, Wauthy, P, Ortiz S. (2020). Decrease in surgical activity in the COVID-19 pandemic: an economic crisis. *The British Journal of Surgery*. 107(9):e300. DOI: 10.1002/bjs.11738
29. Abboud M, El-Hajj H, Kapila AK, Bogaert S, Abboud N (2022). Scarless Composite Breast Reconstruction Utilizing an Advancement Skin Flap, Loops and Lipofilling. *Aesthetic Surgery Journal*. 42(1), pp.38-53.
30. Goessaert A, Vande Walle J, Kapila AK, Everaert K (2014) Hormones and Nocturia: Guidelines for Medical Treatment? *J Steroids Hormon Sci* 5:2 (2014). DOI: 10.4172/2157-7536.1000130

## PUBLICATIONS

---

31. Hamdi M, Marina C, De Baerdemaeker R, Kapila AK, Vanhoeij M, Giunta G, Zeltzer A. A new oncoplastic technique with immediate nipple reconstruction for central breast tumors using Würinger's septum-based flap (2022). *Journal of Plastic, Reconstructive & Aesthetic Surgery*. 75(10):3690-9.
32. Giunta G, El Khatib R, Hanssens V, Kapila AK, De Baerdemaeker R, Zeltzer A, Hamdi M (2021). Case report of two COVID-19 patients with sacral pressure injuries associated with pyoderma gangrenosum. *Advances in Skin and Wound Care*. 34(8), pp.438-443
33. Kapila V, Corthals S, Langhendries L, Kapila AK, Everaert K (2020). The importance of medical student perspectives on the impact of COVID-19. *The British Journal of Surgery*. 107(10):e372-e373. DOI: 10.1002/bjs.11808
34. Goessaert A, Everaert K, Hoebeke P, Kapila AK, Vande Walle J (2014) Nocturnal Enuresis and Nocturia, Differences and Similarities – Lessons to Learn? *Acta Clinica Belgica*. 70(2). p.81-86. DOI: 10.1179/2295333714Y.00000000055
35. Phillips BT, Alser O., Dickey RM, Kapila AK, Kareh AM, Moura FS, Retchkiman M, Rodriguez-Unda NA, Shulzhenko NO, Wang HC and Gosain AK, 2021. Spotlight in Plastic Surgery: October 2021. *Plastic and Reconstructive Surgery*, 148(4), pp.935-937.
36. Phillips B.T., Akiki R, Fazzalari A, Kapila AK, Mestre TG, Kalbasi GM, et al. "Spotlight in Plastic Surgery: April 2023." *Plastic and Reconstructive Surgery* 151(4):p 916-919, April 2023. DOI: 10.1097/PRS.00000000000010125

## PRESENTATIONS

---

1. Kapila AK. Strategy and Artistry in Microsurgical Breast Reconstruction. EPRSC (European Plastic Surgery Research Council) 2024, August 2024
2. Kapila AK, Brunetti B, Oranges CM, Momeni A. Session Moderators. Microsurgery and Orthoplastics, EPRSC (European Plastic Surgery Research Council) 2024, August 2024
3. Kapila AK, Iyer H, Mughal M, Mohanna P, Rose V. The impact of physical activity on patient reported outcomes following DIEP flap breast reconstruction. EURAPS Meeting, May 2024.
4. Kapila AK, Chowdhury R, Mohanna P, Mughal M. Patient-Reported and Surgical Outcomes of PAP versus DIEP using Breast-Q. EURAPS Meeting, May 2024.
5. Kapila AK, Mughal M, Roblin P, Mohanna P. Flow Coupler Use in Autologous Breast Reconstruction. EUROMICRO Meeting, May 2024.
6. Kapila AK, Chowdhury R, Mohanna P, Mughal M. Patient-Reported and Surgical Outcomes of PAP versus DIEP using Breast-Q. EUROMICRO Meeting, May 2024.
7. Kapila AK, Mughal M, Allan A, Rahman S, Mohanna P. The Implementation of a High Intensity Theatre List in Plastic and Reconstructive Surgery. EUROMICRO Meeting, May 2024.
8. Kapila AK, Mughal M, Roblin P, Mohanna P. Flow Coupler Use in Autologous Breast Reconstruction. Royal Belgian Society of Plastic Surgery Spring Meeting. April 2024.
9. Kapila AK, Chowdhury R, Mohanna P, Mughal M. Patient-Reported and Surgical Outcomes of PAP versus DIEP using Breast-Q. Royal Belgian Society of Plastic Surgery Spring Meeting. April 2024.  
syndrome. Autumn meeting 2016, Royal Belgian Society of Plastic Surgery.



## PRESENTATIONS

---

10. Kapila AK, De Cock D, Giunta G, Hamdi M. Update on covering a large crush trauma defect. RBSPS Cry4Help, September 2022
  
11. Kapila AK, Wittesaele W, Kapila V, Hamdi M. Should we train Robotic Surgery Skills during plastic surgery residency? PSTM22. American Society of Plastic Surgeons. October 2022.
  
12. Kapila AK, De Cock D, Giunta G, Hamdi M. Covering a large crush trauma defect. RBSPS Cry4Help, September 2022
  
13. Kapila AK, Wittesaele W, Kapila V, Hamdi M. Should we train Robotic Surgery Skills during plastic surgery residency? World Society of Reconstructive Microsurgery (WSRM). June 2022.
  
14. Kapila AK, Pai A, Geeroms M. Gauze counts: a safeguard or a hazard? - A survey of plastic surgeons. World Society of Reconstructive Microsurgery (WSRM). June 2022.
  
15. Kapila AK, Dourado J, El Abbadi S, Geeroms M. The impact of Trainer Experience on plastic surgery candidate selection. World Society of Reconstructive Microsurgery (WSRM). June 2022.
  
16. Kapila AK, Kempny T, Knoz M, Holoubek J, Lipovy B, Hamdi M. An algorithm in managing deep inferior epigastric vessel interruption in free flap breast reconstruction. American Society of Reconstructive Microsurgery (ASRM). January 2022.
  
17. Kapila AK, Demiri E. Session Moderators. Innovations in Breast Reconstructive Surgery. Master Series in Microsurgery 2021.
  
18. Kapila AK, Abboud N, El Hajj H, Bogaert S, Abboud M. Breast remodelling with loops and moderate volume fat grafting following implant removal. Royal Belgian Society of Plastic Surgery Autumn Meeting. November 2019.
  
19. Kapila AK, Wakure A, Ramakrishnan V (2019). Characteristics and outcomes of primary interposition vascular grafts in free flap breast reconstruction. EURAPS 2020 and BAPRAS 2019.
  
20. Kapila AK, Chaplin P, Herd A, Knife N, Patel A (2018). Can reflexology help in managing physical and psychological symptoms in breast cancer patients? Association of Breast Surgery Annual Conference 2018. Published in the European Journal of Surgical Oncology.

## PRESENTATIONS

---

21. Kapila AK, Granger L, Birkett N, Anda H, Gundkalli Z, Solanki P (2018). Outcomes of a national near-peer Core Surgical Training interview course with emphasis on group feedback. International Surgical Congress 2018 of the Association of Surgeons of Great Britain and Ireland (ASGBI). Published in the British Journal of Surgery.
  
22. Kapila AK, Davies N, Hatem F, Refson J. De Garengeot Hernia: a surgical challenge – case report and literature review (2018). International Surgical Congress 2018 of the Association of Surgeons of Great Britain and Ireland (ASGBI). Published in the British Journal of Surgery.
  
23. Kapila AK, Patel K, Tharmaratnam M, Birdi H, Davies N, Srinivasaiah N (2018). Two-week wait referral experience for suspected colorectal cancer in young adults – symptoms at presentation and compliance with NICE (NG12) national referral guidelines. International Surgical Congress 2018 of the Association of Surgeons of Great Britain and Ireland (ASGBI). Published in the British Journal of Surgery.
  
24. Kapila AK, Granger L, Birkett N, Anda H, Gundkalli Z, Solanki P (2018). Near-peer teaching and group feedback – contemporary methods to improve confidence in surgical and interview skills? The Belgian Surgical Week 2018 of the Royal Belgian Society of Surgery.
  
25. Kapila AK, Granger L, Birkett N, Anda H, Gundkalli Z, Solanki P (2018). Outcomes of a Surgical Skills Course for foundation doctors to enhance confidence and increase an interest in surgery as a career choice. Annual Conference of Association of Surgeons in Training (ASIT) 2018.
  
26. Kapila AK, Bakal F, Zeltzer A, Hendrickx B, Hamdi M (2016). A rare case of KID syndrome. Autumn meeting 2016, Royal Belgian Society of Plastic Surgery.
  
27. Kapila AK, Chan LY, Stoodley I, George M, Mortazavi J, Dockery F (2016). Impact of anticoagulation reversal on time to surgery for hip fracture patients. Oral presentation at the Annual Scientific Meeting 2016, British Society of Orthopaedic Anaesthetists.
  
28. Kapila AK, Oliver C, Dev S, Wheatstone S, Tomasi I (2016). Trauma Pathways – required in a level II trauma unit? National Emergency Surgical Conference 2016, Oxford.
  
29. Kapila AK, Watts HR, Lloyd D, Ma D (2012). Does Surgery accelerate the onset of Alzheimer's Disease? Anaesthetic Research Society 2012 at the Royal College of Anaesthetists.

## PRESENTATIONS

---

30. Blanckaert M, Kapila AK, Hanssens V, Waked K, Giunta G, Nistor A, Hamdi M. A new protocol in improving hospital care for decubitus wounds using incisional negative pressure wound therapy (Prevena™) – one-year results. RBSPS Autumn Meeting 2023.
31. Abboud N, Kapila AK, Abboud M. Breast Remodeling with loops and moderate volume fat grafting following implant removal. ISAPS 2024, June 2024
32. Giunta G, Kapila AK, Hamdi M. Redefining the vascular anatomy of the medial gastrocnemius muscle: a computed tomography angiography study. EURAPS 2024, May 2024.
33. Abboud N, Kapila AK, Abboud M. The combined effect of intravenous and topical tranexamic acid in liposuction: a randomized double-blinded controlled trial. ISAPS 2024, June 2024
34. Abboud N, Kapila AK, Abboud M. Breast Remodeling with loops and moderate volume fat grafting following implant removal. IMCAS 2023
35. Abboud N, Kapila AK, Abboud M. Breast Remodeling with loops and moderate volume fat grafting following implant removal. LSPRAS 2023
36. Abboud N, Kapila AK, Abboud M. The combined effect of intravenous and topical tranexamic acid in liposuction: a randomized double-blinded controlled trial. IMCAS 2023.
37. Giunta G, Kapila AK, Hamdi M. Redefining the vascular anatomy of the medial gastrocnemius muscle: a computed tomography angiography study. AICPE 2023, April 2023.
38. Abboud N, Kapila AK, Abboud M. The combined effect of intravenous and topical tranexamic acid in liposuction: a randomized double-blinded controlled trial. RBSPS Spring Meeting 2022.
39. Abboud N, Kapila AK, Abboud M. The combined effect of intravenous and topical tranexamic acid in liposuction: a randomized double-blinded controlled trial. SOFCEP 2022. Best Presentation Award.
40. Abboud N, Kapila AK, Abboud M. composite breast remodeling after implant removal by tissue recruitment and fixation by internal threads with power-assisted liposuction loops and lipofilling (PALLL). SOFCEP 2021. Best Presentation Trophy.

## PRESENTATIONS

---

41. Patel K, Kapila AK, Tharmaratnam M, Vijay V (2018). Hybrid laparoscopic assisted mesh repair of recurrent right lumbar incisional hernia following cysto-prostatectomy. The Abdominal Wall Reconstruction London Conference 2018. Royal College of Physicians.
42. Patel K, Kapila AK, Tharmaratnam M, Birdi H, Davies N, Srinivasaiah N (2018). Two week wait referrals of suspected colorectal cancer in young adults before and after UK NICE [NG12] guideline publication. International Surgical Congress 2018 of the Association of Surgeons of Great Britain and Ireland (ASGBI). Published in the British Journal of Surgery.
43. Davies N, Kapila AK, Hatem F, Refson J (2018). De Garangeot Hernia: a surgical challenge – case report and literature review. Annual Conference of Association of Surgeons in Training (ASIT) 2018. Published in the International Journal of Surgery.
44. Abboud N, El Hajj H, Kapila AK, Abboud M. Rejuvenation of the arm through liposuction, loops and lipofilling (P.A.L.L.L.), an innovative no scar brachioplasty technique. Royal Belgian Society of Plastic Surgery Autumn Meeting November 2019.
45. Simson N, Stonier T, Kapila AK, Sifton A, Hussein A, Refson J. Knife to Skin Time: An Audit of Emergency Theatre List Efficiency. Annual Conference of Association of Surgeons in Training (ASIT) 2018. Published in the International Journal of Surgery.
46. Simson N, Parker SG, Stonier T, Kapila AK, Halligan S, Windsor ACJ. Incisional Hernia in Renal Transplant Patients. Annual Conference of Association of Surgeons (ASIT) 2018. Published in the International Journal of Surgery.
47. Saha, P, Harris H, Elwan H, Kapila A, Kilich E, Chan LY, Patel S, Donati T, Sallam M, Abisi S, Zayed H. Two-Year Outcomes of Hybrid Revascularisation For Multi-Level Peripheral Arterial Disease Treated At A Single Institution (2016). European Society of Vascular Surgery 2016.
48. Harris H, Saha P, Kilich E, Chan L, Kapila A, Patel S, Donati T, Abisi S, Sallam M, Zayed H (2016). Outcomes of Hybrid revascularisation of multi-level arterial disease in patients with critical limb ischaemia. Abstract for The British Society of Endovascular Therapy Annual Meeting 2016.

## **COURSES (RELEVANT AND RECENT)**

---

1. ISAPS Aesthetic Dissection Course on Facial Procedures and Rhinoplasty, Liège, January 2022
2. BRPS Dissection Course on Aesthetic Facial Surgery, August 2022
3. BRPS Dissection Course on Head and Neck Surgery and Hand Surgery, September 2021
4. International Course in Microsurgery, Erasmus MC Rotterdam, November 2019
5. Advanced Trauma Life Support, American College of Surgeons, April 2016

## **LANGUAGES**

---

English C2

Dutch C2

French C1

Hindi C1

German B1

Urdu B1

Punjabi B1

## **PERSONAL INTERESTS**

---

Cricket

Football

Hockey

Cooking

Diving

Hiking

Traveling