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# PAUL G. RUFF IV, M.D., F.A.C.S.

Husband, Father, Friend, Physician

West End Plastic Surgery  
Assistant Clinical Professor MedStar Georgetown University Hospital  
Assistant Clinical Professor UNLV Kirk Kerkorian School of Medicine

## CERTIFICATION

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Diplomate National Board of Medical Examiners, July 1994

Diplomate American Board of Surgery, October 2022

Diplomate American Board of Plastic Surgery, April 2023

## PRACTICE

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Private Practice  
July 2001-Present

## EDUCATION

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Eastern Virginia Medical School  
Norfolk, VA  
M.D. May 1993

Georgetown University  
Washington, D.C.  
B.S. Biology May 1989

Gonzaga College High School  
Washington, D.C.  
May 1985

## POSTGRADUATE TRAINING

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General Surgery      Washington Hospital Center  
Washington, D.C.  
July 1993-June 1996, July 1997-June 1999

Surgical Critical Care      Washington Hospital Center  
Washington, D.C.  
July 1996-June 1997

Plastic Surgery      University of California, San Diego Medical Center  
San Diego, CA  
July 1999-June 2001

## COURSES

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The Curtis National Hand Center Microsurgical Training Program, June 1999

AO/ASIF Basic Maxillofacial Course, January 2000

Contour Threads/Threadlift, July 2005

Instructor: Facial Rejuvenation Through the Combined Use of Dermal Fillers and Injectables, ASPS Baltimore 2007

Instructor: Cosmetic Boot Camp

Fairmont Hotel 11/2012

The Aesthetic Academy: Faculty

Washington, DC 11/2014

## ACTIVITIES

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Medical School Class Vice-President 1990-1991, 1992-1993

Operation Smile 1991-1993

Intramural Sports 1989-1993; Football Champions 1991

High School Sports Physicals 1992-1993

Drug and Alcohol Awareness Teaching 1991-1993

Instructor Wound Management Course La Jolla, CA 1999-2001

Interface UCSD 1999-2003

Speaker/Trainer: Galderma, Facial Aesthetics

Speaker/Trainer: Allergan Medical, Botox Cosmetic, Juvederm, Latisse

Speaker: Pacira Pharmaceuticals: Exparel

Speaker/Trainer: Sound Surgical Technologies

Speaker/Trainer/Researcher Apyx Medical Corporation

Future of Nicaragua Foundation Medical Mission Team 2010-present

## AWARDS AND HONORS

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Winner Washington, D.C. Chapter of the American College of Surgeons Section on Trauma Resident Paper Competition, 1996

Chief Administrative Resident, Washington Hospital Center Department of Surgery, 1998-1999

Edward Alva Gould Senior House Officer Award for Excellence Washington Hospital Center 1999

UCSD Department of Surgery Chairman's Prize, 2001

Washingtonian Magazine Top Doctors since 2005  
Castle Connolly Top Doctors 2011 to Present  
Northern Virginia Top Doctors 2007  
Consumers Check Book Top Doctors 2007,2011to Present  
Best Doctors in America 2008-2010  
Future of Nicaragua Foundation Spirit of Giving Award 2012  
The Noelle Soderberg-Evans Award for Philanthropy November 2012

#### ACCOMPLISHMENTS

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Development and Implementation of Ventilator Weaning Critical Pathway  
Co-investigator: Inhaled Nitric Oxide in the Treatment of Adult Respiratory Distress Syndrome  
Sub-investigator: The Use of Diaspirin Cross-linked Hemoglobin for the Evidence of Reduction of Peri-operative Blood Transfusions  
Sub-investigator: The Efficacy of Diaspirin Cross-linked Hemoglobin in the Treatment of Severe Hemorrhagic Shock

#### BIBLIOGRAPHY

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##### Chapters

Ruff IV PG. Mediastinitis. in Karamanoukian H, Soltoski P, Salerno T (Eds): Thoracic Surgery Secrets. Philadelphia, Hanley and Belfus, 2001, Chap. 44  
Ruff IV PG. Chest Wall Reconstruction. In Karamanoukian H, Soltoski P, Salerno T (Eds): Thoracic Surgery Secrets. Philadelphia, Hanley and Belfus, 2001, Chap 48.  
Ruff IV PG. Neuromuscular Blockers in Guttenberg, S (Eds): Cosmesis of the Face, Mouth and Jaws. John Wiley and Sons, 2012

##### Manuscripts

Deb S., Martin B., Sun L., Ruff P., DeBraux S., Austin B., Rich N.M., Rhee P. Lactated Ringer's resuscitation in hemorrhagic shock rats induces immediate apoptosis. J Trauma 1999, 46:582  
Sun L., Ruff P., Austin B., Deb S., Martin B., Burris D., Rhee P., Early upregulation of ICAM-1 and VCAM-1 expression in rats with hemorrhagic shock and resuscitation. Shock 1999, 11:416  
Rhee P., Wang D., Ruff P., Wolcott K., Debraux S., Austin B., Burris D., Sun L. Human neutrophil activation and increased adhesions by various resuscitation fluids. Critical Care Medicine 2000, 28:1;74

Holcomb, John David, et al. "Helium Plasma Dermal Resurfacing: Consensus Guidelines." *Dermatological Reviews*, vol. 1, no. 3, 2020, pp. 97–107, <https://doi.org/10.1002/der2.22>.

Ruff, Paul G. "Thermal Effects of Percutaneous Application of Plasma/Radiofrequency Energy on Porcine Dermis and Fibroseptal Network." *Journal of Cosmetic Dermatology*, vol. 20, no. 7, 2020, pp. 2125–2131, <https://doi.org/10.1111/jocd.13845>.

Ruff, Paul G., et al. "Safety and Efficacy of Helium Plasma for Subdermal Coagulation." *Dermatological Reviews*, vol. 1, no. 3, 2020, pp. 108–114, <https://doi.org/10.1002/der2.34>.

Ruff IV, Paul G. "Evaluation of Skin Tissue Effects of Two-Pass Helium Plasma Treatment in Comparison to Nitrogen Plasma Using a Swine Model." *Biomedical Journal of Scientific & Technical Research*, vol. 34, no. 2, 2021, <https://doi.org/10.26717/bjstr.2021.34.005512>.

Ruff PG, Vanek P, Nykiel M. Adverse Events of Soft Tissue Coagulation Using a Helium-Based Plasma Technology Alone and in Combination With Ultrasound-Assisted Liposuction. *Aesthet Surg J Open Forum*. 2022 Jul 18;4:ojac064. doi: 10.1093/asjof/ojac064. PMID: 36211477; PMCID: PMC9536283.

Ruff, Paul G, Gaurav Bharti, et al. "Safety and Efficacy of Renuvion Helium Plasma to Improve the Appearance of Loose Skin in the Neck and Submental Region." *Aesthetic Surgery Journal*, 2023, <https://doi.org/10.1093/asj/sjad055>.

Ruff, Paul G., Onelio Garcia, et al. "Consensus-Based Recommendations for Vibration Amplification of Sound Energy at Resonance Ultrasound-Assisted Liposuction." *Plastic and Reconstructive Surgery - Global Open*, vol. 11, no. 7, 2023, <https://doi.org/10.1097/gox.0000000000005110>.

Doolabh V, Ruff P. A Retrospective Chart Review of Subdermal Neck Coagulation Using Helium Plasma Technology. *Dermatological Reviews*. 2020; 1:143-150. <https://doi.org/10.1002/der2.32>

Ruff P, Parikh R, Mowlavi A, Zimmerman E, Lebowitz J. Safety of Gynecomastia Procedures in Combination with Helium-Based Plasma Technology: A Retrospective Review. *J Aesthetic and Reconstructive Surgery*. 2022; Vol. 8 No 5: 152

## Abstracts

Rhee P., Wang D., Ruff P., Wolcott K., Debraux S., Austin B., Burris D., Sun L. Human neutrophil activation and increased adhesions by various resuscitation fluids. *Critical Care Medicine* 1998, 45:195

Deb S., Martin B., Sun L., Ruff P., DeBraux S., Austin B., Rich N.M., Rhee P. Lactated Ringer's resuscitation in hemorrhagic shock rats induces immediate apoptosis. *J Trauma* 1998, 45:195

Sun L., Ruff P., Austin B., Deb S., Martin B., Burriss D., Rhee P., Early upregulation of adhesion molecules by Lactated Ringer's resuscitation in hemorrhaged rats. Shock 1998, 9:S1:53

#### Presentations

Primary closure versus colostomy and drainage for penetrating rectal trauma: A change in traditional management. Ruff P., Harviel J.D., Paul B.K., Buchly M., Golocovsky M., Finelli F.

Presented at Region III American College of Surgeons Committee on Trauma Resident Paper Competition

Immediate upregulation of E-selectin and ICAM-1 is affected by resuscitation fluids after hemorrhagic shock. Rhee P., Sun L., Ruff P., DeBraux S., Austin B., Rich N.M.

Presented at the Society of University Surgeons, Resident Section, September 1997

Craniofacial distraction in the infant and neonate. Ruff P., Holmes R., Cohen S., Dobke M.

Presented at the California Society of Plastic Surgeons, May 2001

#### Posters

Rhee P., Wang D., Ruff P., DeBraux S., Austin B., Burriss D., Sun L. Human neutrophil activation and increased adhesions by various resuscitation fluids. 27<sup>th</sup> Annual Educational and Scientific Symposium, Society of Critical Care, San Antonio, TX February 1998

Deb S., Martin B., Sun L., Ruff P., DeBraux S., Austin B., Rich N.M., Rhee P. Lactated Ringer's resuscitation in hemorrhagic shock rats induces immediate apoptosis. Uniformed Services University of the Health Sciences Research Day, Bethesda, MD, April 2, 1998

Sun L., Ruff P., Austin B., Deb S., Martin B., Burriss D., Rhee P., Early upregulation of adhesion molecules by Lactated Ringer's resuscitation in hemorrhaged rats. Uniformed Services University of the Health Sciences Research Day, Bethesda, MD, April 2, 1998

Sun L., Ruff P., Austin B., Deb S., Martin B., Burriss D., Rhee P., Early upregulation of adhesion molecules by Lactated Ringer's resuscitation in hemorrhaged rats. 21<sup>st</sup> Annual Conference on Shock, San Antonio, TX, June 1999

PROFESSIONAL AFFILIATIONS

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American Society of Plastic Surgeons  
American Society for Aesthetic Plastic Surgery  
American College of Surgeons (Fellow)  
American College of Surgeons, Washington, D.C. Chapter  
American Medical Association  
American Society for Lasers in Medicine and Surgery  
Medical Society of the District of Columbia  
National Capitol Society of Plastic Surgeons  
Osler Society of Washington, D.C.

PRIVILEGES

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Georgetown University Hospital  
MedStar Surgical Center  
Sibley Memorial Hospital  
Suburban Hospital