Plastic Surgery Residency Program

Mayo Graduate School of Medicine

Mayo Clinic Rochester
Rochester, Minnesota
Plastic Surgery Residency Program

Mayo Clinic’s two-year Plastic Surgery Residency Program will prepare you for a career as a competent, mature, compassionate and ethical plastic surgeon who is committed to superior patient care, research and continuing education. As a graduate, you will be ready to excel in academic medicine or private practice. Approved by the Accreditation Council for Graduate Medical Education Residency Review Committee for Plastic Surgery, this unique program offers one-on-one training in the outpatient setting, hospital and operating room.

Mayo Clinic’s favorable faculty ratio, large patient population and state-of-the-art diagnostic, therapeutic and research facilities combine to create a truly integrated educational experience. The “Mayo Clinic way” of graduate medical education ensures you will have the finest teaching and the broadest patient care experience possible during a busy, hands-on residency program.

Training at Mayo Clinic

Mayo Clinic has a long-standing tradition of practicing both the art and science of medicine. As one of the country’s largest and best-known private group practices of academic medicine, Mayo Clinic was founded on the belief that physicians need to work together, teach and learn from others, and conduct research to provide sustained, excellent patient care.
Physicians, scientists, residents, students, nurses and allied health staff members work as a team at Mayo Clinic. Our staff clinicians and scientists are called consultants in recognition of their teaching and mentoring role on the team.

Mayo Clinic teamwork spans many locations

In Jacksonville, Florida
Mayo Clinic Jacksonville
St. Luke’s Hospital

In Rochester, Minnesota
Mayo Clinic Rochester
Saint Marys Hospital
Rochester Methodist Hospital
Charter House

In Scottsdale, Arizona
Mayo Clinic Scottsdale
Mayo Clinic Hospital

Mayo Health System
Program Description

Mayo Clinic’s two-year Plastic Surgery Residency Program will provide you with training in all aspects of this surgical specialty, including:

• Acute soft tissue and maxillofacial trauma
• Burns
• Cleft lip, cleft palate and other congenital anomalies
• Cosmetic surgery
• Endoscopy
• General reconstructive surgery
• Hand surgery
• Laser surgery
• Major craniofacial and maxillofacial deformities
• Major tumors of the head and neck (including the skull base and intracranial areas)
• Microsurgery

Clinical Training

Rotation Schedule

The following describes a typical schedule for a plastic surgery resident. All rotations are three months long.

First Year

• General Plastic Surgery
  Laser Surgery
  Pediatric Plastic Surgery
  Saint Marys Hospital
• General Plastic Surgery
  Cosmetic Surgery
  Rochester Methodist Hospital
• General Plastic Surgery
  Head and Neck Surgery
  Microsurgery
  Rochester Methodist Hospital
• Hand Surgery  
  Saint Marys Hospital

During your first year, you will complete three rotations at Saint Marys and Rochester Methodist hospitals in Rochester, Minn. You will perform general and specialized plastic surgery under the supervision of a Mayo Clinic consultant.

Your fourth rotation will be orthopedic hand surgery at Saint Marys Hospital. You will gain experience with hand trauma, as well as in the management and surgical treatment of all aspects of hand surgery.

Second Year

• Facial Trauma, Burn Management, Cosmetic Surgery, Cleft Lip and Cleft Palate Surgery  
  Maricopa Medical Center

• General Plastic Surgery  
  Hand Surgery  
  Microsurgery  
  Saint Marys Hospital

• Chief Resident Associate  
  Craniofacial Surgery  
  Pediatric Plastic Surgery  
  Saint Marys Hospital

• Chief Resident Associate  
  Microsurgery, Cosmetic Surgery  
  Rochester Methodist Hospital

Your second year of training will begin at Maricopa Medical Center in Phoenix, Ariz., where you will learn about facial trauma and cleft lip and cleft palate procedures. You will gain experience in acute burn management, as well as the treatment of secondary burn deformities. Mayo Clinic funds the authorized additional costs of travel, housing, car rental and licensure fees. Our residents consistently rate this rotation very highly.
You will then return to Rochester for further training in microsurgery and in craniofacial, pediatric and hand surgery. During the last twelve months of your residency, you will serve as chief resident associate, organizing resident education and handling some administrative responsibilities.

**Didactic Training**

Weekly teaching conferences, a journal club, a monthly patient management conference, cadaver dissections, case presentations, craniofacial clinics, joint teaching rounds and one-on-one instruction are all an integral part of Mayo Clinic’s Plastic Surgery Residency Program.

At Mayo Clinic in Rochester and Maricopa Medical Center, you will attend weekly plastic surgery seminars via video teleconferencing.

Mayo Clinic is an official viewing site for Plastic Surgery Educational Foundation Teleplast conferences. You will be encouraged to attend these conferences during your residency.

**Practice Examinations**

Each year, you will take written, in-service and mock oral examinations to monitor your progress. These examinations are structured like the certifying examination conducted by the American Board of Plastic Surgery. Your program director will review the results of these examinations with you and provide constructive advice.
Teaching Opportunities
You will have the opportunity to teach Mayo Medical School students; residents from other specialties; and visiting students from other medical schools through bedside instruction and formal didactic lectures. You also will prepare and deliver formal presentations to the consulting staff, nurses and residents in other surgical disciplines.

Cardiac Life Support Certification
Certification in Basic Cardiac Life Support and Advanced Cardiac Life Support (ACLS) is required for all Mayo Clinic residents. ACLS courses are held during the last week of June, just before the start of the academic year. The ACLS course also is offered evenings every three months during the year to facilitate recertification.

Research Training
Because the Mayo Clinic Plastic Surgery Residency Program offers such extensive clinical training, you will have limited opportunities for laboratory investigation. However, you will develop your microsurgical technique in a laboratory setting and will participate in anatomic dissection during a one-week course. You also will have the opportunity to complete a clinical research project and present the results at regional and/or national symposia.
**General Program Information**

**Patient and Service Mix**

As a regional medical center for the Midwest, Mayo Clinic in Rochester registers more than 450,000 patients each year. Eighty percent of the clinic’s patients are self-referred and come from within a day’s drive. Although Mayo Clinic has a reputation for successfully handling the most obscure and difficult medical problems for people from around the world, common medical concerns are actually the norm. This allows you to see and treat an exceptional variety of illnesses during your clinical training.

**Bench to bedside**

Mayo is committed to basic and clinical research that leads to better patient care.

**Mayo’s hallmark is teamwork —**

- Among basic and clinical investigators
- Among investigators and clinical practitioners
- Across Mayo sites
- Between Mayo and other institutions

**Mayo people in research —**

- 150+ full-time physicians and scientists
- 300+ associates and fellows
- 890+ administrative and allied health staff

**Research funding sources —**

- Grants and contracts = $72 million+
- Mayo funds/other revenue = $54 million+
Mayo Clinic is an outstanding setting for advanced training in plastic surgery. As part of a microsurgical team, you will perform complex microsurgical head, neck, extremity and trunk reconstructions. You also will participate in treatment planning for children and adults with complex congenital and acquired craniofacial deformities.

“My residency was extremely enlightening and tremendously educational.”

Call Frequency
Your call schedule will vary by individual rotation. Mayo Clinic follows recommendations of the Accreditation Council for Graduate Medical Education.

Evaluation
To ensure that you acquire adequate knowledge and develop your technical skills, your performance will be monitored carefully during the course of your plastic surgery residency. You will meet with the program director twice a year. These meetings assure that you receive continual personal assistance in achieving your patient care, education and research goals. In addition, you will regularly evaluate the faculty to ensure that your educational needs are being met.
Career Development
You will meet periodically with your program director to discuss your career goals. A large network of Mayo alumni is available to help you find job opportunities.

Committee Assignments
You will be given an opportunity to participate in the Division of Plastic Surgery’s meetings regarding education.

Moonlighting
Moonlighting is permitted for licensed residents and fellows beyond the PGY-1 level. Moonlighting activities may be scheduled during those times when you are assigned to consultative or outpatient rotations.

Additional Training
At the conclusion of your Plastic Surgery Residency, you may wish to continue your graduate medical education at Mayo Graduate School of Medicine. A one-year post-graduate fellowship in hand and cosmetic surgery is available at Mayo Clinic in Scottsdale and a one-year fellowship in hand surgery at Mayo Clinic in Rochester.


Faculty

Mayo Clinic’s faculty is committed to teaching and facilitating the growth of medical knowledge. Many faculty members have published and lectured extensively and are well-regarded in their field. You will have direct access to these individuals. By working with them, you will become part of the “spirit of Mayo Clinic” — where all team members work together to deliver consistently high-quality patient care.

Visiting Professors

Many prominent professors visit Mayo Clinic each year. They present their work during noon and/or morning lectures and participate in hospital rounds. You are encouraged to take full advantage of these opportunities.

Facilities and Resources

Facilities

The Mayo Clinic campus in Rochester, Minn., includes two hospitals with more than 1,800 beds, a Level One Trauma Center, a comprehensive outpatient medical complex, a variety of research facilities, and several full-service laboratories and on-site pharmacies. More than 1,200 staff physicians represent virtually all clinical specialties.

Mayo Clinic has excellent facilities for advanced plastic surgery training. You will have access to a fully equipped laser surgery facility, a microsurgery laboratory, a multidisciplinary craniofacial clinic, and state-of-the-art computers for craniofacial surgical planning.
Libraries

Mayo Clinic’s medical library system in Rochester contains more than 353,000 bound volumes and 4,300 medical and scientific journals. The main library provides study space, typewriters, book ordering, audiovisual services, microfilm readers or reader-printers, translations, on-line database information services, and duplicating machines. Reference librarians can arrange interlibrary loans, perform literature searches, and teach you how to use the computer database services that link Mayo Clinic researchers to a global network of scientific information. More than 625 clinical conferences are preserved on videotape each year. You can view these tapes at the library or check them out for use at home.

Branch libraries include a health-related sciences library, two hospital libraries and the Learning Resource Center (LRC). The LRC, devoted mainly to the Mayo Medical School curriculum, offers special collections emphasizing women’s issues in medicine and health, medical education, and ethics.

The Division of Plastic Surgery’s library contains more than 300 publications and journals and 150 videotapes about various aspects of plastic surgery.

Computer Services

Personal computers and software are available for residents and fellows to use. In addition, Mayo Clinic’s Microcomputer Education Center provides training in the use of computers for word processing, data collection and data analysis.
Telecommunications System

A sophisticated satellite telecommunications system, which provides video teleconferencing and data transmission, links Mayo Clinic’s practice sites in Rochester, Scottsdale and Jacksonville. Staff can have live, interactive consultations with physicians and their patients at the other sites via TV monitors. In addition, X-rays, laboratory test results, CT scans, ECG tests, angiograms and pathology slides can be transmitted between sites.

An advanced telecommunications system is the foundation for Mayo Clinic’s unique five-digit telephone dialing and pager system. Physicians can be easily accessed for consultations or updates, strengthening the teamwork among consultants, fellows, residents and allied health care staff at all three practice sites.

Compensation and Benefits

Vacation and Trip Policy

You may take up to 15 working days (three weeks) each year for vacation.

You are encouraged to present your clinical research at regional and national meetings. If you are selected to make a presentation, Mayo Clinic will pay the authorized expenses for you to attend that meeting (within the United States).
Stipends and Other Benefits

Mayo Clinic has highly competitive stipends and a benefits package that includes:

- A comprehensive medical care plan
- Short-term disability insurance
- Voluntary basic life insurance, disability insurance, and family life insurance
- Voluntary additional life insurance
- Voluntary accidental death and dismemberment insurance
- A dental assistance plan
- Excess personal liability insurance
- Professional liability coverage

Additional information about stipends and benefits will be provided during personal interviews.

The Rochester Community

Home of Mayo Clinic and an array of successful technology-based companies, Rochester, Minn., welcomes thousands of visitors from around the world each year. Rochester, population of more than 85,000, provides all the benefits of small town living while offering amenities associated with larger cities.

If you’re interested in the fine arts, you’ll find an active network of enthusiasts who support a symphony orchestra and chorale, four theaters, a community art center, and several choruses and bands.
Rochester offers excellent sports and physical fitness facilities. Within the city limits are seven golf courses; tennis and health clubs; an extensive network of walking, biking and in-line skating trails; nearly 2,000 acres of city parks; and a community recreation center. Several state parks are nearby, and it’s a very short drive to fishing, hunting, hiking, camping, boating, skiing or skating.

The Twin Cities of Minneapolis and St. Paul are only 80 miles north of Rochester. Among many attractions are the nationally famous Guthrie Theatre, the Minnesota Orchestra, the St. Paul Chamber Orchestra and the Walker Art Center. Both professional and collegiate baseball, football, hockey and basketball teams are based there. The Twin Cities also have world-class shopping and restaurants, including the Mall of America.

Good, moderately priced housing is relatively easy to find in Rochester. The public school system is one of the best in the state. Rochester has been selected as “one of the best places to live” in the U.S. by Money magazine for several consecutive years.

Close proximity between Mayo Clinic and home facilitates time with family and makes call from home quite manageable.

Appointments and Applications

There are four positions available in Mayo Clinic’s Plastic Surgery Residency Program each year. Appointments are made through the Plastic Surgery Residency Match Program.
Qualified applicants must have five years of general surgery training or be eligible to take the general surgery board examinations. Mayo Clinic accepts general surgery training from any institution that offers a board-approved residency. Board eligibility in orthopedic surgery, otorhinolaryngology surgery, neurosurgery or urology also are considered.

To apply to Mayo Clinic’s Plastic Surgery Residency Program, you need to submit:
• A completed application form
• Official college, graduate school and medical school transcripts
• An official record of board scores (NBME, FLEX, USMLE, LMCC, VQE or FMGEMS)
• A dean’s letter and two other letters of recommendation
• A curriculum vitae
• A personal statement
• A valid ECFMG certificate (if you graduated from medical school outside of the U.S. or Canada)

Applications for each academic year, which begins in July, should be completed by September 1, 22 months before the beginning of the appointment. If you are considered for an appointment, you will be asked to visit Mayo Clinic in Rochester for an interview with the program director and selected faculty. Interviews are conducted from January through April each year.

You can obtain an application from:

Plastic Surgery Central Application Form
Maricopa County Medical Society
326 East Coronado Road
Phoenix, AZ  85004-1524
Inquiries

If you would like more information, contact:
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For more information about the Mayo Graduate School of Medicine, please visit our Web site at http://www.mayo.edu/mgsm/gsm.htm

If you would like to discuss the Plastic Surgery Residency Program with Mayo alumni living in your area, please write to us for a list of their names.

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