

Curriculum Vitae

MICHELLE A. SPRING, MD, FACS

**Board-Certified Plastic and Reconstructive Surgeon
Mountain West Plastic Surgery & Medical Spa**

Active Medical Licenses:

*State of Idaho Board of Medicine
State of Montana Board of Medicine*

Board Certification: *Diplomate of the American Board of Plastic Surgery 2010
Participating in Maintenance of Certification (MOC)*

Postgraduate Work Experience and Leadership Positions:

2022-Present **Owner, Mountain West Plastics Surgery & Medical Spa**
Kalispell MT, Whitefish MT, Sandpoint ID

2022-Present **Clinical Assistant Professor, Department of Surgery**
University of Washington School of Medicine

2015-Present **Breast Leadership Program Committee**
Logan Health
Kalispell, MT

2015-2022 **Board-Certified Plastic & Reconstructive Surgeon**
Logan Health Plastic Surgery
Logan Health
Kalispell, MT

2021-2022 **Chair, Department of Surgery**
Logan Health
Kalispell, MT

2019-2021 **Vice-Chair, Department of Surgery**
Logan Health
Kalispell, MT

2021-2023 **Physician Advisory Council**
Logan Health

Kalispell, MT

- 2015-2021** **Medical Director, Logan Health Plastic Surgery**
Logan Health
Kalispell, MT
- 2018-2019** **Harvard Medical School**
Global Scholar of Surgical Leadership
Postgraduate Medical Education Certificate Program
Boston, MA
- 2017-2018** **Physician Leadership Effectiveness Program**
Montana Medical Association
- 2011-2015** **Marina Plastic Surgery Associates**
USC Aesthetic Surgery Fellowship program
Adjunct Clinical Assistant Professor of Surgery
Keck School of Medicine of USC
Marina del Rey, CA and
University of Southern California
- 2009-2011** **Seasons Plastic Surgery**
Plastic & Reconstructive Surgeon
Multidisciplinary group practice
Ponderay and Coeur d'Alene, ID
- 2008-2009** **Plastic & Reconstructive Surgeon**
Private Practice
San Diego, CA
- 2007** **Clinical Instructor**
Plastic & Reconstructive Surgeon (*planned interim position*)
University of Wisconsin-Madison, Department of Surgery
Dean Medical Center
Madison, Wisconsin

Education:

Surgical Specialty Fellowship Training:

- 2007-2008** **Interplast Webster Fellowship (now ReSurge)**
Interplast (ReSurge) is an international humanitarian organization that provides free reconstructive surgery to underprivileged children and adults with cleft lips, cleft palates and severe, disfiguring burns and hand deformities. Countries traveled to include: Bangladesh, Bolivia, China, Ecuador, India, Peru, Taiwan, and Vietnam.
- 2006** **ASAPS-University of Southern California**
Aesthetic Surgery Fellowship
Dr. W. Grant Stevens
Marina del Rey, CA

Internship and Residency:

2001-2006 Integrated Plastic & Reconstructive Surgery Residency
Department of Surgery
University of Wisconsin School of Medicine and Public Health
Madison, WI

Medical School:

1997-2001 Doctorate of Medicine
University of Wisconsin School of Medicine and Public Health
Alpha Omega Alpha
Madison, WI

College:

1992-1996 B.S. with Distinction (Biochemistry and Molecular Biology)
University of Wisconsin-Madison
Madison, WI

Current Hospital and Surgery Center Affiliations:

- Logan Health Medical Center, Kalispell MT
- Logan KalNorth Surgery Center, Kalispell MT
- Logan Health Whitefish, Whitefish MT
- Pend Oreille Surgery Center, Ponderay ID
- Bonner General Hospital, Sandpoint ID

Professional Societies and Medical Organizations:

- Faculty, American College of Surgeons
- American Society of Plastic Surgeons
- American Society for Aesthetic Plastic Surgery
- American Board of Medical Specialties
- International Association of Plastic Surgeons
- Montana Medical Association

Past Leadership and Committees:

- ASAPS Product Development Market Research Committee
- ASAPS Women's Aesthetic Surgeon's Committee
- ASPS Volunteers in Plastic Surgery Steering Committee
- ASPS Young Plastic Surgeon's Committee
- ASPS Patient Safety Committee
- Board of Directors, Pend Oreille Surgery Center
- Bonner General Hospital Quality Management Committee

Awards:

- Recognition for Capstone Project; Harvard Surgical Leadership Program
- Best of Flathead Valley- Plastic Surgeon
- Woman of Outstanding Leadership – International Women’s Leadership Assoc.
- Super Doctors Southern California Rising Stars
- America’s Top Surgeons-Consumer Research Council of America
- Los Angeles Top Rated Doctors
- Patient’s Choice Award
- Compassionate Doctor Award
- Super Doctors Southern California Rising Stars
- Alpha Omega Alpha Medical Honor Society
- Phi Kappa Phi Honor Society
- University of Wisconsin-Madison Honors Program
- 2nd Place, Resident Presentation Competition. Midwest Association of Plastic Surgeons. *Postoperative Changes in Growth Rate and Feeding After Mandibular Distraction Osteogenesis*

Other Professional and Teaching Activities:

- UW School of Medicine Adjunct Faculty for Kalispell site WWAMI program
 - Medical students surgery rotation and surgical residents (2015-present)
- Organization of USC Plastic and Reconstructive Surgery Aesthetic Surgery Conference
- USC Plastic and Reconstructive Surgery Resident training, Instructor
- Injector Trainer, *AestheticSafe* Resident Training Program
- USC/ASPS Plastic Surgery Aesthetic Fellowship Program, Instructor
- Eduplast, Overseas Plastic Surgery Residency Project. Nicaragua
- Graduate Medical Education Oversight Committee member
 - University of Wisconsin, Madison
- Emergency Medical Service Training Committee Member
- Emergency Medical Service Personnel Committee Member
- EMT Advanced Skills Re-certifier and Basic Skills Instructor
- University of Wisconsin Medical School Anatomy Demonstration Program
- American Red Cross CPR and First Aid Instructor
- Emergency Services Dispatcher

Volunteer and Community Activities:

- ReSurge International

- A non-profit organization dedicated to transforming lives by restoring the health and dreams of those with deformities and injuries repairable through surgery.
- Medical Advisor, Busted Foundation
 - A charitable organization that aids those in medically-related hardships due to breast cancer through financial or educational assistance.
- Eduplast
 - A non-profit organization dedicated to training plastic and reconstructive surgeons in Nicaragua and Ecuador. University of WI - Madison
- Contributing author: *MommyMDGuides.com* and print version
- Leukemia and Lymphoma Society, Team in Training
- Medical Tent Physician Volunteer – Wisconsin Ironman
- Emergency Medical Technician Volunteer
- MEDIC Volunteer and Drug Supply Coordinator – Salvation Army
- Big Brothers Big Sisters Volunteer
- American Red Cross Volunteer

Publications:

1. **Spring MA**, Bentz ML. Cutaneous Vascular Lesions. In: Gramick M, ed. *Plastic Surgery Clinics* 2005.
2. **Spring MA**, Mount D. Pediatric Feeding Disorder and Growth Rate Decline Following Mandibular Distraction Osteogenesis. *PRS* August 2006.
3. **Spring MA**, Bentz ML. Pediatric Vascular Anomalies. In: Bentz ML, Bauer B, Zuker R, eds. *Principles and Practice of Pediatric Plastic Surgery*. Quality Medical Publishing; St. Louis, MO, 2008 :127-151.
4. **Spring MA**, Gutowski KA. Venous Thromboembolism in Plastic Surgery Patients: Survey Results of ASPS Members. *Aesthetic Plastic Surgery Journal*, September 2006; 26(5):522-529.
5. Stevens, WG, **Spring MA**, Stoker DA, Holloway J, Weintraub M, Stevens WG. Office-Based Plastic Surgery with General Anesthesia: Efficiency of Cost and Time. *Seminars in Plastic Surgery*, August 2007; 21:99-101.
6. Stevens WG, **Spring MA**, Freeman ME, Stoker DA, Hirsch EM. A Review of 100 Secondary Augmentation Mastopexies. *Aesthetic Surgery Journal*, September-October 2007; 27(5):485-492.
7. Stevens WG, **Spring MA**, Stoker DA. Ten Years of Outpatient Abdominoplasties: Safe and Effective. *Aesthet Surg J*, May-June 2007; 27(3): 269-275.
8. Stevens WG, Gear AJ, Stoker DA, Hirsch EM, Cohen R, **Spring MA**, Vath SD, Schantz ST, Heck RT. Outpatient Reduction Mammoplasty. An Eleven-Year Experience. *Aesthet Surg J* March 2008; 28(2): 171-179.
9. Stacey DH, **Spring MA**, Breslin TM, Rao VK, Gutowski DA. Exploring the Effect of the Referring General Surgeon's Attitudes on Breast Reconstruction Utilization. *Wisconsin Medical Journal*, September 2008; 107(6): 292-297.

10. Stevens WG, Pietrzak LK, **Spring MA**. Broad Overview of a Clinical and Commercial Experience with CoolSculpting. *Aesthet Surg J*. Aug 2013 1;33(6):835-46.
11. Stevens WG, **Spring MA**, Macias LH. Counterfeit Medical Devices: The Money You Save Up Front Will Cost You Big in the End. *Letter to the Editor, Aesthet Surg J*. July 2014: (online 1-3).
12. Stevens WG, Macias LH, **Spring M**, Stoker DA, Chacon CO, Eberlin SA. "One-Stage Augmentation Mastopexy: A Review of 1192 Simultaneous Breast Augmentation and Mastopexy Procedures in 615 Consecutive Patients". *Aesthet Surg J*. June 2014; 34:723.
13. **Spring MA**, Macias LH, Nadea M, Stevens WG. "Secondary Augmentation-Mastopexy: Indications, Preferred Practices, and the Treatment of Complications". *Aesthet Surg J*. July 2014; 34:1018.
14. Nadeau MH, Gould DJ, Macias LH, **Spring MA**, Stevens WG. "Superior Pedicle Technique of Reduction Mammoplasty: A Stepwise Approach. *Aesthet Surg J*. January 2015; 35(1): 94-104.
15. **Spring MA**, Hartmann EC, Stevens WG. "Strategies and Challenges in Simultaneous Augmentation Mastopexy". *Clinics in Plastic Surgery*. October 2015; 42 (4): 505-518.
16. **Spring MA**, Hartmann EC, Stevens WG. 1 and 2 Stage Considerations for Augmentation Mastopexy. In: Neligan Plastic Surgery 4e: Breast Volume 5, Chapter 7: 108-123.
17. Perez JL, Gould DJ, **Spring MA**, Stevens WG. Augmentation Mastopexy. In: Nahabedian: The Breast, Vol 5: Neligan: Plastic Surgery, 5th ed. Section 1 Aesthetic, Chapter 6.
18. Macias, LH, Kwon E, Gould DJ, **Spring MA**, Stevens WG. "Decrease in Seroma Rate After Adopting Progressive Tension Sutures Without Drains: A Single Surgery Center Experience of 451 Abdominoplasties Over 7 Years". *Aesthet Surg J*. March 2016; 36 (9): 1029-1035.
19. **Spring MA**. Synthetic Lysine-Based Synthetic Urethane Adhesive vs. Progressive Tension Sutures in Abdominoplasty to Eliminate Drains. *Aesthetic Surg J*. Published online 07 April 2018, in press.

Presentations:

1. **Spring MA**, Mount D. *Pediatric Feeding Disorder and Growth Rate Decline Following Mandibular Distraction Osteogenesis*. Presented at American Cleft Palate-Craniofacial Association, March 15-20, 2004.
2. **Spring MA**, Mount D. *Postoperative Changes In Growth Rate and Feeding After Mandibular Distraction Osteogenesis*. Presented at Midwest Association of Plastic Surgeons, May 1-2, 2004.
3. **Spring MA**, Gutowski KA. *Deep Vein Thrombosis and Pulmonary Embolus Prophylaxis, an ASPS Physician Member Survey*. Presented at Midwest Association of Plastic Surgeons, April 23-24, 2005.

4. **Spring MA**, Gutowski KA. *Deep Vein Thrombosis and Pulmonary Embolus Prophylaxis, an ASPS Physician Member Survey*. Presented at Wisconsin Society of Plastic Surgeons Meeting, May 13, 2005.
5. **Spring MA**, Gutowski KA. *What is Plastic and Reconstructive Surgery? A Survey in the Age of Reality TV*. Presented at Senior Resident's Conference, March 22-25, 2006.
6. **Spring MA**, Gutowski KA. *Venous Thromboembolism in Plastic Surgery Patients: Survey Results of ASPS Members*. ASAPS, April 20-25, 2006.
7. **Spring MA**, Gutowski KA. *What is Plastic and Reconstructive Surgery? A Survey in the Age of Reality TV*. Presented at Midwest Association of Plastic Surgeons, April 28-30, 2006.
8. **Spring MA**, Stevens WG, Freeman ME, Stoker DA, Hirsch EM. *A Review of 100 Secondary Augmentation Mastopexies*. American Society of Aesthetic Plastic Surgeons meeting, New York City, April 19-24, 2007.
9. **Spring MA**, Stoker DA, Stevens WG. *Ten Years of Outpatient Abdominoplasties: Safe and Effective*. American Society of Aesthetic Plastic Surgeons meeting, New York City, April 19-24, 2007.
10. **Spring MA**, Stevens WG, Freeman ME, Stoker DA, Hirsch EM. *A Review of 100 Secondary Augmentation Mastopexies*. Electronic presentation, 19th Biennial Congress of ISAPS, Melbourne, Australia; February 10-13, 2008.
11. **Spring MA**, Stoker DA, Stevens WG. *Ten Years of Outpatient Abdominoplasties: Safe and Effective*. Electronic presentation, 19th Biennial Congress of ISAPS, Melbourne, Australia; February 10-13, 2008.
12. **Spring MA**, Stevens WG. "Myth Busters: Non-Surgical Body Contouring". ASPS Conference, San Diego, Oct 2013.
13. **Spring MA**. "What Makes or Breaks Being a Plastic Surgery Employee or Partner"; "Professional Fulfillment: What's Important". ASAPS Resident's Symposium, Dallas, TX, Sept 2016.
14. **Spring MA** "Synthetic Lysine-Based Synthetic Urethane Adhesive vs. Progressive Tension Sutures in Abdominoplasty to Eliminate Drains" ASPS The Meeting- Hot Topics. Orlando, FL Oct. 6, 2017