



Cosmetic Surgery Ottawa Fellowship

Cosmetic Surgery Ottawa (CSO) and Kanata Plastic and Cosmetic Surgery (KPCS) are pleased to announce 3–6 month Cosmetic Surgery Fellowships with Dr. James Lacey beginning July 2021 in Ottawa. These Fellowships are non-accredited and not currently attached to the University of Ottawa’s plastic surgery residency program. This is a private opportunity to learn the business and artform of cosmetic plastic surgery in Ottawa.



For more information please contact Dr. James Lacey at 613.222.9544 or Tammy Paterson 613.227.3580 / tammy@kanataplasticsurgery.com

Applicant Requirements

These fellowships are open to all RCPS(C) plastic surgeons (recent graduates or practising plastic surgeons) residing in Canada, whom will need an active Ontario license in plastic surgery at the time of the fellowship. If the fellow has active CMPA insurance, they will also be encouraged to run their own Fellow's Cosmetic Surgery Cases as the primary surgeon with Dr. Lacey's immediate oversight (acting as second assist).

Mandate

To learn and practice cosmetic surgery and injectables from an experienced cosmetic plastic surgeon and instructor in a fully accredited Level 3 Ontario College of Physicians and Surgeons (CPSO) private Out of Hospital Premises (OHP).

Cost of the Fellowship

There is no cost for the Fellowship. My interest is in passing on the training and experience I have been fortunate enough to have in cosmetic plastic surgery in Canada.

Stipend and Accommodation

Accommodation in small studio apartment is included with the Fellowship as is a monthly stipend of \$1500 for food and gas expenses.

Additional Renumeration

Additional remuneration is possible depending on the experience of the applicant and whether they are ready (have CMPA insurance and the experience) to run a Fellow's Cosmetic Surgery List with my assistance.



Cosmetic Surgery Curriculum

With 2-3 days a week in the operating room during a 6 month Fellowship a Fellow can expect good exposure and teaching of a majority of the following cases:

1. Facelifts
 - a. MACS lift, high SMAS, platysmaplasty
2. Blepharoplasty (Asian, Foad Nahai lower eyelid orbicularis oculi pexy)
3. Temporal brow lift (David Knize technique)
4. Open rhinoplasty (Nazim Cerkes)
5. Breast Augmentation (implant and fat transfer)
6. Implant Explantation surgery
7. Mastopexy (autologous, with/without fat and implants) (Brad Calobrace)
8. Facial fat grafting
 - a. Coleman structural
 - b. Nanofat and microfat (SNIF) (Verpaele and Tonnarde)
9. Fat grafting to breast
 - a. Dan Del Vecchio and Louis Bucky
10. BBL
11. Liposuction (Simeon Wall Jr) all areas
12. Classic, reverse, mini, extended, and liposuction assisted abdominoplasty
13. Gynecomastia surgery
14. Labiaplasty
15. Post MWL body contouring
 - a. Mastopexy
 - b. Brachioplasty +/- thoracoplasty
 - c. Upper body lifts
 - d. Circumferential lower body lifts (belt lipectomy with buttock lift)
 - e. Stocking thigh lifts, occasional medial thigh plasty



Cosmetic Facial Injection Curriculum

Half a day to one day a week spent doing consults and learning and performing cosmetic filler and Botox injections. Thread lifting will also be taught by my injection nurse. The opportunity to learn non-surgical nose jobs by an experienced local injector can be arranged at a small cost.

Remaining time in the week

Time not spent in a cosmetic OR (2-3 days with Dr. Lacey) or injection training (1/2-1 day a week), will be spent with Dr. Lacey in the office (1-2 days) learning the business and clinical skills of consulting, managing and following cosmetic surgery patients.

Industry and Private Sponsorship Opportunities:

1. Sponsor the Fellowship
 - i. Sponsor monthly stipend
 - ii. Sponsor monthly accommodation (\$1000)
 - iii. Sponsor Fellow's implants (exclusive)
2. Sponsor the Fellow's Cosmetic Surgery Cases
 - i. Implants used (exclusive)
 - ii. Sutures, ADM etc. contribution
 - iii. And likely get a cosmetic plastic surgeon as a 'partner' for life
3. Sponsor travel and accommodation — so I can send the fellow visiting 2-3 days to Colleagues in North America



Letter of Recommendation

From: Dr. Lloyd Van Wyck

To those of you considering a cosmetic fellowship in Plastic Surgery I would strongly recommend the Ottawa Cosmetic Surgery Fellowship by Dr James Lacey starting in July 2021.

Of note, after finishing my own Plastic Surgery residency in London Ontario I completed a fellowship under the late Joe Gruss in Toronto followed by a second fellowship under Ian Jackson in Rochester Minnesota.

I next practiced plastic surgery in Ottawa for 33 years (28 of which were academic) before only recently retiring.

My passion for the cosmetic aspect of Plastic Surgery grew over the years of practice and I was fortunate enough to be given the opportunity of work outside the hospital in Dr Lacey's surgical clinic. His clinic is the first — and remains — the only level-three, free standing, purely plastic surgery operative facility in Ottawa. Having worked in the clinic for the past 10 years you should know that Dr Lacey's surgical skills, his operating facility, and staff are both admired and respected in Ottawa. He is at a level of cosmetic expertise that would certainly benefit anyone who desires to improve not only their clinical acumen, but more specifically, their educational and surgical skills in cosmetic surgery. His one-on-one teaching ability and available case load would certainly add an important element to your career.

Dr. Lloyd G. Van Wyck
MD FRCS©

Letter of Recommendation

From: Dr. Kamal Saleh

I've had the pleasure of working alongside Dr. James Lacey throughout several months in his clinic in Kanata, Ontario as a medical attachment in cosmetic surgery. During these months, Dr. Lacey was very professional with his medical procedures, and in the way he presented himself with his patients and staff. He demonstrated exceptional surgical competence, extensive experience in the field, and a unique skill set. In addition to being cooperative, he's also always willing to learn in order to stay updated with modern procedures. I really can't compliment his mannerisms and work ethic enough.

I have witnessed the results of numerous procedures, all of which were carried out under Lacey and his medical staff with outstanding execution. If a problem ever were to arise, I trusted in his abilities to handle it professionally. This gave me the confidence to refer my outgoing patients to his clinic. He proved to me to be capable in every aspect and I consider him an excellent candidate in the academic field of cosmetic surgery.

Although I have now worked abroad as a consultant plastic surgeon in Qatar and Dubai for more than 25 years, I always enjoy joining his team whenever I visit Canada.

Dr. Kamal Saleh

MB.ch.B, F.A.C.S , F.I.C.Ms, M.R.C.S

Consultant plastic surgeon in Plasticsurgicenter Qatar

President of Iraqi Medical Sciences Association Canada

Letter of Recommendation

From: Capt Julie Rajotte-Caron

My name is Dr Julie Rajotte-Caron. I am a General Surgery resident at MAHEC in Asheville, North Carolina. I'm originally from Quebec, Canada. I obtained a bachelor of science in nursing during my time in the Canadian Military and wanting more, I decided to jump into a new adventure and become a surgeon.

I first met Dr Lacey as a fourth year medical student while doing an elective rotation in plastic surgery. As a medical student interested in plastic surgery Dr Lacey welcomed me with open arms to his Private Surgery Center. Dr Lacey is not only an amazing plastic surgeon, but has also proved to be a calm, collected, passionate and dedicated teacher. He is for me an inspiration, a motivation and a role model for my goal to become a plastic surgeon. Dr Lacey was not only a great teacher but is now, years later, a supportive mentor.

"One of the greatest values of mentors is the ability to see ahead what others cannot see and to help them navigate a course to their destination."

Capt Julie Rajotte-Caron

MD (Retired CAF)
MAHEC General Surgery Resident
Asheville, North Carolina, USA

Publicity

On numerous occasions CTV News has featured Kanata Plastic Surgery; these include Morning Live in March 2018 speaking about Minor Surgery and, News at Noon in 2019 including segments on Breast Augmentation and Reduction, Facelifts, Fat Grafting, Tummy Tuck and Major Weight loss. To watch, click on any link.

<https://www.youtube.com/watch?v=p4whOB8qvCE>

<https://www.youtube.com/watch?v=7DFNqs1rbtY>

<https://ottawa.ctvnews.ca/video?clipId=1036199>

<https://www.kanataplasticsurgery.com/video-dr-lacey-ctv-news-interview-facelifts-real-patient/>

<https://ottawa.ctvnews.ca/video?clipId=1233229>



Curriculum Vitae

James Douglas Lacey MD, CM, FRCSC

895 March Road
Kanata, ON K2K 1X7
Office: 613.591.1099
Cell:613.222.9544
Email: james@drjameslacey.com

Education

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| 2019 | Istanbul, Turkey — mini-rhinoplasty fellowship with Dr. Nazim Cerkes |
| 2015-present | almost yearly QMP Chicago and Baker Gordon Miami Symposia |
| 2010-present | almost yearly Atlanta Breast and Ophthalmology Symposia |
| 2001- present | almost yearly CSAPS Symposia and Mount Sinai/ University of Toronto Symposia |
| October 2002 | passed American Board of Plastic Surgery (ABPS) oral exam to become Diplomate of American Board Plastic Surgery |
| August 2000 | completed 1-year Hand and Microsurgical Fellowship at University of Rochester, NY with title of <i>Hand Fellow and Instructor in Hand Surgery</i> |
| September 1999 | passed the ABPS written examination in plastic surgery and accepted for oral examination |
| June 1999 | passed the RCPSC examination in plastic surgery to become a FRCSC |
| 1994- 1999 | <ul style="list-style-type: none">• Plastic and Reconstructive Surgery Residency Training Program, McGill University Montreal, Canada — completed the 5-year Canadian Integrated Program in Plastic Surgery |
| 1989- 1994 | <ul style="list-style-type: none">• Faculty of Medicine, McGill University, Montreal, Canada — Completion of 5-year MCCM degree |

Work Experience

2021- Present	Owner and operator of Cosmetic Surgery Ottawa , Ottawa
2019- Present	Medical Director Holtz Spa, Ottawa
2018- 2021	Medical Director JNY Injectable Cosmetics, Ottawa
2016- present	hired Dr. Ian MacArthur as plastic surgeon locum and then as associate November 2016 at Kanata Plastic & Cosmetic Surgery
2005- Present	founder of Kanata Plastic & Cosmetic Surgery and Kanata Medical Esthetics, Kanata, Ontario, Canada with privileges operating at Almonte General Hospital (AGH) Almonte, Ontario, Canada
2000 – 2005	founder of Barrie Plastic Surgery with privileges operating at Royal Victorian Hospital (RVH) Barrie, Huron District Hospital (HDMD) Midland, and The Cosmetic Surgery Hospital (CSH) Woodbridge
1999 - 2000	<ul style="list-style-type: none">• Departments of Orthopedic & Plastic Surgery, University of Rochester, New York, United States – Instructor and Fellow in hand, wrist, plastic and microsurgery at <i>Strong Memorial Hospital</i>
1994 – 1999	<ul style="list-style-type: none">• Department of Plastic and Reconstructive Surgery, McGill University, Montreal, Canada – Clinical rotations in pediatric and adult plastic and reconstructive surgery at the <i>Montreal General Hospital, Royal Victoria Hospital and the Montreal Children's Hospital</i>

Leadership Experience

2020-2021	President-elect of National Capital Society of Plastic Surgeons (NCSPS)
2018- present	Medical Director for Holtz Spa
2006- present	CAAASF Board member (annual board meeting)
2019	Stem Cell Graft instructor course given to Canadian Military Doctors
2018-2020	Medical Director for JNY Injectable Cosmetics
2016	Added associate Dr. Ian MacArthur as a Plastic Surgeon to practice
2015	Invited by Merz Canada (pharmaceuticals) to attend IMCAS (International Master Course on Aging Science) meeting in Paris, France
2013	Training sports medicine residents (David Mai)
2012	Invited speaker & Presentation on cosmetic blepharoplasty to Ottawa Optometrist Society
2008- 2009	President of National Capital Society of Plastic Surgeons (NCSPS)

Leadership Experience (cont'd)

2005- present	Founder and Medical Director of Accredited (CAAASF) private surgical facility
2001- 2005	Founded and chaired Wound Care Committee at RVH, Barrie, Ontario
2000- 2005	Founded, trained and worked weekly with RVH Hand Therapy Department
1995- 1998	Quebec Federation of Medical Residents (FMRQ) representative to the <i>Association of Canadian Medical Colleges (ACMC)</i> meetings that oversee postgraduate medical education in Canadian Medical Schools FRMQ representative to RCPSC Credential Committee meetings
1996	Resident representative for a RCPSC Internal Review of the McGill University Pediatrics Residency Program
1991 – 1995	<i>Canadian Yachting Association (CYA)</i> Instructor Evaluator responsible for conducting courses in the evaluation and certification of sailing instructors
1989 – 1991	Head Instructor at the <i>Royal St. Lawrence Yacht Club (RStLYC)</i> ; responsible for seven instructors and over 200 candidates, ages 8 to adult
1990 – 1997	Board Member of RStLYC <i>Learn to Sail Committee</i> responsible for running the yacht clubs instructing and racing program

Certification and Licenses

2017- present	Licensee of Collège Des Médecins du Québec
2006- present	ACLS certification
2002- 2012	Board Certified by <i>American Board of Plastic Surgery (ABPS)</i> after passing oral exam by American Board Plastic Surgery; now board eligible
July 1999	Member of the College of Physicians and Surgeons of Ontario with an Independent Practice License
June 1999	<ul style="list-style-type: none">• FRCSC with specialty in Plastic Surgery• passed CMQ (<i>College des Medecins du Quebec</i>) examinations and certified to practice plastic surgery in Quebec
1996	Licensee of <i>Medical Council of Canada</i>
1994	ATLS certification

Publication and Abstracts

- 1) Lacey JD, Hodge JC. Pisiform and hamulus fractures: easily missed wrist fractures diagnosed on a reverse oblique radiograph. *J Emerg Med*, 16(3):445-52. May-Jun 1998.
- 2) Lacey JD, Kerrigan CL, Sampalis J, Reid T, Boukas M. A more practical approach to evaluating breast sensation pre and post reduction mammoplasty. Abstract presented at the *Quebec Society of Plastic and Esthetic Surgeons Annual Meeting* February 5-6, 1999, *1999 Plastic Surgery Senior Residents Conference* April 21-25, 1999 and the *Canadian Society of Plastic Surgery Annual Meeting* June 23-26, 1999 Montreal, Canada.

Academic and Sporting Achievements

- 1998 Presentation of manuscript “Pisiform and hamulus fractures...” at the *Quebec Society of Plastic and Esthetic Surgeons Annual Meeting* February 6-8, 1998, and the *Canadian Society of Plastic Surgeons Annual Meeting* May 20-23, 1998 Victoria BC
- 1997 – 1998 *McGill University Interhospital Plastic Surgery Rounds*
Presentation of the following topics:
Nov. 12, 1997: Zygomatic and Orbital Fractures-Treatment Options
Jan. 14, 1998: Etiology and Modern Management of Vasculitic Leg Ulcers
Mar. 4, 1998: Present Status of Facial Liposuction and Fat Grafting
Nov. 4, 1998: Modern Blepharoplasty with CO2 Laser and
 Lateral Canthal Suspension
Jan. 6, 1999: Evaluation of Chronic Wrist Pain
Feb. 17, 1999: Endoscopic Facial Surgery
Mar. 10, 1999: 1998 BJPS Journal Review
- 1989 – 1991 • *C.O.T.C. Memorial Scholarship* recipient during first two years of medical school.
 • *J. Colin Robertson Award* recipient upon graduation from John Abbott College
- 1986 – 1992 • Member *Quebec Provincial Sailing Team* with **Olympic Sailing Campaign** 1989 – 1992 in preparation for the 1996 **Olympic Summer Games**

 • **C carded athlete (one short of being on the Canadian Olympic Team in Sailing)**

Professional Memberships

- 1998-Present
- *Canadian Medical Association (CMA)*
 - *Ontario Medical Association (OMA)*
 - *Canadian Society of Plastic Surgery (CSPS)*
- 2002-Present *Canadian Society of Aesthetic Plastic Surgery (CSAPS)*
- 1998 – 2008 *American Society for Surgery of the Hand (ASSH)*
- 1997-Present *American Society of Plastic Surgery (ASPS)*
- 1995-June 98
- *Vice President of the McGill Residents Association*
 - *Executive member on the Specialties Committee of the Quebec Federation of Medical Residents (FMRQ)*

References

Jean Blier BSc, MD, FRCPC
Anaesthesiologist
1520 Fiesta Ave.
Cumberland, ON K4C 1A7
Tel: (613) 277-2898

Harvey C. Brown MD, Msc, FRCSC, FACS
Associate Professor and
Chairman Plastic Surgery
Director Division of Plastic
Surgery,
Montreal, Quebec H3G 1A4
Tel: (514) 935-4181
Fax: (514) 934-8207

Dr. Homayoun Khonsari M.B, B.CH, M.Sc, F.R.C.S. (C), F.N.C.S
Surgeon in Urology/Chief of
Surgery
Royal Court Medical
1 Quarry Ridge
Suite 206
Barrie, On L4M 7G1
Tel: (705) 728-4501

Dr.S.M Quadri MD, F.R.C.S
Surgeon of ENT
Royal Court Medical
1 Quarry Ridge
Suite 204
Barrie, On L4M 7G1
Tel: (705) 726-3071

Dr. Murray MD, C.C.S.P (EM)
Chief of Staff, Emergency
Physician
Royal Victoria Hospital
201 Georgian Drive
Barrie, On L4M 6M2
Tel: (705) 728-9802

Gaston Schwarz MD, FRCSC, FACS
1506 Ave. Dr. Penfield
Montreal, Quebec H2G 1B9
Tel: (514) 932-8200
Fax: (514) 932-6083

Dr. Lloyd Carlsen (retired)

Dr. Lloyd Van Wyck (retired)

Richard I. Burton, M.D.
Senior Associate Dean for
Academic Affairs
Professor of Orthopaedics
University of Rochester Medical
Centre
Tel: (585) 924-8163