



John Hilinski M.D.
PLASTIC SURGERY

CURRICULUM VITAE

John M. Hilinski, M.D.
Otolaryngology Head and Neck Surgery
Facial Plastic and Reconstructive Surgery
11199 Sorrento Valley Road Suite 202
San Diego, CA 92121
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drhilinski.com
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Board Certification

American Board of Facial Plastic and Reconstructive Surgery (2005)

American Board of Otolaryngology-Head and Neck Surgery (2002)

Postgraduate Training

- | | |
|-----------|--|
| 2001-2002 | Facial Plastic and Reconstructive Surgery Fellowship
Division of Facial Plastic and Reconstructive Surgery
Department of Otolaryngology - Head and Neck Surgery
University of Illinois, Chicago College of Medicine
Chicago, IL
Fellowship Director: Dean M. Toriumi, M.D. |
| 1996-2001 | Head and Neck Surgery Residency and Chief Residency
Division of Otolaryngology - Head and Neck Surgery
Department of Surgery
University of California, San Diego, Medical Center
Veterans Administration Medical Center
San Diego, CA
Chairman: Jeffrey P. Harris, M.D., Ph.D. |
| 1995-1996 | General Surgery Internship
Departments of General Surgery and Emergency
Medicine
University of California, San Diego, Medical Center
Veterans Administration Medical Center |



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San Diego, CA
Chairman: A.R. Moosa, M.D.

Medical Education

1991-1995 Medical Doctorate (M.D.)
Harvard Medical School
Boston, MA

Undergraduate Education

1989-1991 Biological Studies
San Diego State University
San Diego, CA

Private Practice

2005-present Owner and Medical Director
Facial Plastic and Reconstructive Surgery
Otolaryngology – Head and Neck Surgery
Medical Spa Services
San Diego Face and Neck Specialties, PC
San Diego, CA

Group Practice

2002-2005 Staff Surgeon
Otolaryngology – Head and Neck Surgery
Facial Plastic and Reconstructive Surgery
Scripps Clinic Medical Group
Division of Otolaryngology – Head and Neck Surgery
La Jolla, CA

Staff Appointments

2014-present Staff Surgeon
Scripps Mercy Hospital



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San Diego, CA

2010-present Staff Surgeon
The Hilinski Ambulatory Surgery Center
San Diego, CA

2002-2013 Staff Surgeon
Scripps Green Hospital
Division of Head and Neck
La Jolla, CA

2005-2008 Staff Surgeon
Sharp Memorial Hospital
San Diego, CA

Academic Appointments

2002-2010 Clinical Instructor in Surgery
Division of Otolaryngology - Head and Neck Surgery
Department of Surgery
University of California San Diego Medical Center
San Diego, CA

2002-2010 Clinical Instructor in Surgery
Facial Plastic and Reconstructive Surgery
Otolaryngology - Head and Neck Surgery
Department of Surgery
Veterans Administration Medical Center
La Jolla, CA

2001-2002 Clinical Instructor in Surgery
Otolaryngology - Head and Neck Surgery and
Facial Plastic and Reconstructive Surgery
Department of Otolaryngology - Head and Neck Surgery
University of Illinois, Chicago College of Medicine
Chicago, IL

Other Clinical Experience

2010-present Owner and Medical Director



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The Hilinski Ambulatory Surgery Center
San Diego, CA

2005-2017
team Facial plastic surgeon - San Diego Chargers NFL football

1998-2001
Urgent Care Clinic Physician
Sharp Rees-Stealy Medical Group
San Diego, CA

Licensure

1996-present California

2001-2002 Illinois

Software Development

2015-present
Co-Founder and Chief Medical Officer
SurgLogs, Inc
Automated software for surgery center compliance

Political Appointments

2007-2008
Appointment by California Governor Arnold
Schwarzenegger
California Health Facilities Finance Authority
Sacramento, CA

Charitable Work

2010
Co-Founder of The Hilinski Foundation for Surgery – A
Non-Profit Organization providing charitable facial
plastic surgery to underprivileged youth in San Diego

Academic Honors and Awards

2000-2001
Chairman's Award, Division of Otolaryngology-Head and Neck
Surgery, Department of Surgery, University of California San



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Diego

- 1999-2000 Outstanding Resident Academic Achievement Award, Division of Otolaryngology-Head and Neck Surgery, Department of Surgery, University of California San Diego
- 1994 National Institutes of Health Research Training Award, Harvard Medical School
- 1994 Okinawan Kenjin Kai Medical Scholarship, Harvard Medical School
- 1992 Japanese Medical Society of America, Hiromi Shinya Scholarship, Harvard Medical School
- 1991 The Halper Foundation National Medical Student Scholarship, Harvard Medical School
- 1991 Japanese Medical Society of America, Japanese Pharmaceutical Group Award, Harvard Medical School
- 1991 Japanese-American Citizens League, Kuwahara Medical Scholarship, Harvard Medical School
- 1991 Summa Cum Laude with Distinction in Biologic Science, San Diego State University
- 1990 American Heart Association Undergraduate Research Fellowship Recipient
- 1990 Dr. Mabel Myer Biological Sciences Scholarship, San Diego State University
- 1989 College of Sciences Student Council Scholarship, San Diego State University
- 1987-1991 Dean's List Honors, San Diego State University

Research Experience



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- 2014-2015 Clinical Research Consultant
“NeoV1064 for temporary increase of clear nails in patients having onychomycosis” neolaser
- 1997-1998 National Institutes of Health Post-doctoral Research Fellowship
Division of Otolaryngology - Head and Neck Surgery
Molecular Pharmacology Laboratory
University of California, San Diego Cancer Center
“Elucidation of molecular pathways and differential gene expression in cisplatin and retinoic acid-injured head and neck squamous cell carcinoma”
- 1994-1995 Independent Research Project
Harvard Medical School
Massachusetts Eye and Ear Infirmary
Clinical Outcomes Research Unit
“Patient-relevant clinical outcomes studies as applied in a variety of otolaryngology-head and neck diseases”
- 1992 National Institutes of Health Research Training Grant
Harvard Medical School and
Division of Cardiology Department of Medicine
University of California, San Diego School of Medicine
“Myocardial β -adrenoreceptor adenylate cyclase system alterations in chronic dynamic exercise”
- 1990-1991 American Heart Association Research Fellowship
Division of Cardiology, Department of Medicine
University of California, San Diego, School of Medicine
“Altered signal transduction in pressure-overload heart failure”

Book Chapters

Hilinski JM, Cohen SR. Soft Tissue Augmentation with Artefill. *Facial Plastic Surgery*. Thieme Medical Publishers, Volume 25 (2): 114-119, 2009.

Hilinski JM, Cohen SR. *Volumetric Use of Injectable Fillers in the Face*. Techniques in Aesthetic Plastic Surgery Series: Facial Rejuvenation with Fillers. Eds. Cohen and Born. Elsevier Ltd, 2009.



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Hilinski JM, Toriumi DM. The Ageing Face. Scott Brown's Otorhinolaryngology Head and Neck Surgery. 7th Edition. May 2008.

Editorial Review

Reviewer for Ophthalmic Plastic and Reconstructive Surgery, 2014.

Reviewer for International Journal of Medical Sciences, 2011.

Reviewer for Archives of Facial Plastic Surgery, 2007-present.

Medical Board Experience

2010-present Member of the Expert Reviewer Program
Facial Plastic and Reconstructive Surgery
Medical Board of California
Sacramento, CA

Clinical Trials Experience

Food and Drug Administration (FDA) Clinical Trial Investigator. FulFil Lip EIFFEL Study by Evera Medical. 2008-2009.

Medical Advisory Experience

The Rhinoplasty Society, Member of the Corporate Support/Grant/Industry Panel Committee. 2016-2017.

The Rhinoplasty Society, Member of the International Society Committee. 2016-2017.

Member of the Medical Advisory Board. Suneva Medical. San Diego, CA. 2010-2011.

Consulting and Corporate Involvement

Clinical instructor and practice consultant. Suneva Medical. San Diego, CA. 2009-2017.



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Cosmetic and plastic surgery consultant. Gerson Lehrman Group Councils, Austin, TX, 2007-present.

Invited Participant - Syneron ELOS Leadership Academy. The Fairmont Hotel. San Francisco, CA. June 22-24, 2007.

Publications

Rümmelein B, Hilinski J, Shapira, G, neoV1064 for temporary increase of clear nails in patients having onychomycosis, February 2015 (white paper).

Collins J, Harvey J, Hilinski JM, Reconstructing the Gauge Earlobe Defect, *JAMA Facial Plast Surg*. Published online December 18, 2014.

Hilinski JM, Beros A, Watson D. Spreader grafts in rhinoplasty, *Plastic Surgery, Emedicine World Medical Library, Emedicine.com*, May 2008.

Hilinski JM, Revis DR, Seagle MB. Skin Resurfacing: Chemical Peels, *Otolaryngology and Facial Plastic Surgery, Emedicine World Medical Library, Emedicine.com*, May 2008.

Mobley SR, Hilinski JM, Toriumi DM. Tissue adhesives in facial plastic and reconstructive surgery, *Facial Plastics Clinics of North America*, 10(2002): 147-154.

Hilinski JM, Kim T, Harris JP. Post-traumatic pseudocerebrospinal fluid rhinorrhea, *Otology and Neurotology*, September 2001; 22(5).

Beros A, Hilinski JM, Moe KS. Gracilis muscle free tissue transfer, *Otolaryngology and Facial Plastic Surgery, Emedicine World Medical Library, Emedicine.com*, June 2001.

Byrne P, Hilinski JM, Hilger P. Facial nerve repair, *Otolaryngology and Facial Plastic Surgery, Emedicine World Medical Library, Emedicine.com*, May 2001.

Hilinski JM, Moe KS. Vertical dome division in rhinoplasty, *Otolaryngology and Facial Plastic Surgery, Emedicine World Medical Library, Emedicine.com*, June 2001.



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Johnsson A, Zeelenberg I, Min Y, Hilinski J, Berry C, Howell SB, Los, G. Identification of genes differentially expressed in association with acquired cisplatin resistance, *British Journal of Cancer*, 2000 Oct; 83(8): 1047-1054.

Wong JG, Hilinski J, Los G. Analysis of SSH libraries generated from ATRA treated UMSCC10b cells, *Journal of Investigative Medicine*, vol. 47 (2): 61A, Feb 1999.

Hosseinzadeh M, Hilinski J, Turner WJD, Harris JP. Meniere disease caused by an anomalous vein of the vestibular aqueduct, *Archives of Otolaryngology Head and Neck Surgery*, 1998; 124: 695-698.

Gliklich RE, Hilinski JM. Longitudinal sensitivity of generic and specific health measures in chronic sinusitis, *Quality of Life Research*, 4:27-32, 1995.

Abstracts

Min Y, Hilinski J, Zeelenberg I, Johnsson A, Weiner D, Byrne P, de Bruin R, Christen R, Howell S, Los G. "A molecular approach to the rapid assessment of tumor response", presented at the American Association for Cancer Research Annual Meeting, March 28-April 1, 1998, New Orleans, LA.

Presentations

"Lessons Learned in Rhinoplasty." Aesthetic Surgery Grand Rounds, University of California, San Diego, Division of Plastic Surgery, August 21, 2019.

"Plasma Energy in Rejuvenation of the Face and Neck" The 5th Annual Meeting - American Aesthetics and Cosmetic Dermatology, The Marina Del Ray Hotel, CA, January 26, 2019.

"Use of Long-Lasting Fillers" The 5th Annual Meeting - American Aesthetics and Cosmetic Dermatology, The Marina Del Ray Hotel, CA, January 26, 2019.

"Use of Long-Lasting Fillers in Facial Reshaping" The 4th Ultimate Aesthetic Training Workshop, The Luxe Hotel, Beverly Hills, CA, November 18, 2017.

"Use of Blunt Tipped Cannulas in Facial Enhancement" The 4th Ultimate



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Aesthetic Training Workshop, The Luxe Hotel, Beverly Hills, CA, November 18, 2017.

“Polymethylmethacrylate Injections: My Long-term Experience.” Advanced Aesthetics & Cosmetic Dermatology Los Angeles, The Ritz Carlton Marina Del Rey, CA, January 27-29, 2017.

“Facial Contouring with Poly-L-Lactic Acid.” Advanced Aesthetics & Cosmetic Dermatology Los Angeles, The Ritz Carlton Marina Del Rey, CA, January 27-29, 2017.

“Nasal Tip Rhinoplasty: Common Problems and My Evolving Approach.” Aesthetic Surgery Grand Rounds, University of California, San Diego, Division of Plastic Surgery, August 24, 2016.

“Peri-Oral Cosmetic Enhancement: My Approach.” The 3rd Ultimate Aesthetic Training Workshop, The Four Seasons Hotel, Beverly Hills, CA, May 14, 2016.

“Facial Contouring with Sculptra.” The 3rd Ultimate Aesthetic Training Workshop, The Four Seasons Hotel, Beverly Hills, CA, May 14, 2016.

“Bellafill Facial Reshaping.” The 3rd Ultimate Aesthetic Training Workshop, The Four Seasons Hotel, Beverly Hills, CA, May 14, 2016.

“Use of Blunt-tipped Cannulas for Injectable Fillers.” The Ultimate Aesthetic Training Workshop, The Luxe Hotel, Beverly Hills, CA, October 10, 2015.

“Facial Reshaping with Poly-L-Lactic Acid.” The Ultimate Aesthetic Training Workshop, The Luxe Hotel, Beverly Hills, CA, October 10, 2015.

“Use of Polymethylmethacrylate in Facial Contouring.” The Ultimate Aesthetic Training Workshop, The Luxe Hotel, Beverly Hills, CA, October 10, 2015.

“Nasal Tip Refinement: Tips and Techniques.” Aesthetic Surgery Grand Rounds, University of California, San Diego, Division of Plastic Surgery, September 3, 2014.

“Updates In My Ethnic Rhinoplasty Practice.” Aesthetic Surgery Grand



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Rounds, University of California, San Diego, Division of Plastic Surgery, Goldberg Auditorium. August 14, 2013.

"Ethnic Rhinoplasty." California Society of Plastic Surgeons, Hotel Del Coronado, CA. May 28, 2012.

"Nasal Reconstruction for Cutaneous Malignancies." California Society of Plastic Surgeons, Hotel Del Coronado, CA. May 27, 2012.

"Rhinoplasty Pearls." Aesthetic Surgery Grand Rounds. University of California, San Diego, Division of Plastic Surgery, Goldberg Auditorium. November 13, 2010.

Management of the Short Nose in Revision Rhinoplasty. Goldberg Auditorium. Division of Otolaryngology Head and Neck Surgery. Department of Surgery. UCSD School of Medicine. La Jolla. CA. June 22, 2007.

"The Face," Invited Lecturer, Human Anatomy Series, Garren Auditorium, UCSD School of Medicine, La Jolla, CA. 2006.

"The Face," Invited Lecturer, Human Anatomy Series, Garren Auditorium, UCSD School of Medicine, La Jolla, CA, 2005.

"Principles of soft tissue surgery," 21st Annual Cutaneous Surgery and Dermatology Course, University of California, San Diego, La Jolla Marriott, June 14-19, 2004.

"Rhinoplasty: structural grafting for nasal base deformities," Department of Surgery, Scripps Green Hospital, La Jolla, CA, December 5, 2003.

"The Face," Invited Lecturer, Human Anatomy Series, Garren Auditorium, UCSD School of Medicine, La Jolla, CA, November 21, 2003.

"Bioadhesive Use in Facial Plastic Surgery," UCSD Division of Head and Neck Surgery, VA Medical Center, La Jolla, CA, September 26, 2003.

"Principles of soft tissue surgery," 20th Annual Cutaneous Surgery and Dermatology Course, University of California, San Diego, July 14-19, 2003.



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"The History of Rhytidectomy," Department of Otolaryngology Head and Neck Surgery Grand Rounds, University of Illinois, Chicago Medical Center, June 12, 2002.

"Rhytidectomy: past and present," Division of Otolaryngology Head and Neck Surgery Grand Rounds, University of California San Diego Medical Center, February 2001.

"Orbital blowout fractures: an update," Division of Otolaryngology Head and Neck Surgery Grand Rounds, University of California San Diego Medical Center, May 2000.

"Molecular response to retinoic acid in head and neck squamous cell carcinoma," Western Section of the Triological Society, San Francisco, CA, January 9, 2000.

"Paranasal sinus non-Hodgkin's lymphoma in AIDS patients," Western Section of the Triological Society, San Francisco, CA, January 8, 2000.

"Quality of life assessment in RETPLAT patients with advanced head and neck carcinoma," Division of Otolaryngology Head and Neck Surgery Grand Rounds, University of California San Diego Medical Center, February 1999.

"Quality of life assessment in patients with advanced head and neck cancer treated with retinoic acid and concurrent chemoradiation," Western Section of the Triological Society, Denver, CO, January 10, 1999.

"Molecular response of retinoic acid-injured head and neck squamous cell carcinoma," Bay Area Resident Research Forum, Oakland, CA, June 1998.

"Quality of life in laryngeal cancer patients," Division of Otolaryngology Head and Neck Surgery Grand Rounds, University of California San Diego Medical Center, May 1998.

"Pediatric subglottic Stenosis," Division of Otolaryngology Head and Neck Surgery Grand Rounds, University of California San Diego Medical Center, April 1997.

"Clinical outcomes research and chronic sinusitis," Division of



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Otolaryngology Head and Neck Surgery Grand Rounds, University of California San Diego Medical Center, September 1996.

Posters

"Post-traumatic pseudocerebrospinal fluid rhinorrhea," presented at the Western Section of the Triological Society, San Francisco, CA, January 8-9, 2000.

Memberships/Affiliations

The Rhinoplasty Society

California Society of Facial Plastic Surgery

American Academy Otolaryngology- Head and Neck Surgery

American Academy of Facial Plastic and Reconstructive Surgery

American Academy of Cosmetic Surgery

San Diego County Medical Society

California Medical Association

Association for Medical Ethics

Personal Interests

Tang Soo Do karate- Black Belt (1975-present)

Brazilian Jiu-Jitsu (1996-present)

Health and Fitness