

Stanford



Whitney Saia, MSN, RN, FNP-C

CLINICAL OFFICES

- **Stanford Plastic Surgery Clinic**

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Professional Overview

BIO

Whitney Saia is a native of Nashville, Tennessee and works as a Nurse Practitioner in the Plastic and Reconstructive Surgery department at Stanford. Whitney completed her Master of Science in Nursing degree at Tennessee State University and developed her aesthetic training at NYU in New York City. In her current role, she supports several plastic surgeons in managing the outpatient care for cosmetic and reconstructive procedures, with the goal of providing a humanistic approach to recovery.

In addition to her role as part of the surgical team, Whitney leads an autonomous cosmetic clinic providing aesthetic injectables and facial rejuvenating treatments. Her passion for continuing education in the medical aesthetic space has driven her career toward new cosmetic trends, anti-aging treatments, skin care and post-operative plastic surgery care. She is a member of the International Society of Plastic and Aesthetic Nurses (ISPAN) and received her Certified Aesthetic Nurse Specialist certification from the Plastic Surgical Nursing Certification Board (PSNCB). Whitney has lectured at numerous national plastic surgery conferences and assists with cosmetic trainings for Stanford residents. She believes in a natural approach to rejuvenation and prides herself on making her patients feel comfortable and relaxed when seeking cosmetic treatments.

CLINICAL FOCUS

- Nurse Practitioner
- Plastic Surgery

HONORS AND AWARDS

- 2019 PSNF Career Development Award, Plastic Surgical Nurses Foundation (2019)

PROFESSIONAL EDUCATION

- CANS, Plastic Surgical Nursing Certification Board , Certified Aesthetic Nurse Specialist (2017)
- Board Certification: Nurse Practitioner, American Academy of Nurse Practitioners (2015)
- MSN, Tennessee State University , Nursing (2015)
- BSN, Belmont University , Nursing (2011)

INTERNET LINKS

- Stanford Cosmetic Surgery: <http://med.stanford.edu/cosmeticsurgery/about/ourteam.html>
- Stanford Cosmetic Instagram: <https://www.instagram.com/stanfordcosmetic/>

Scientific Focus

PUBLICATIONS

- **Continued Barriers to Top Surgery among Transgender Men** *PLASTIC AND RECONSTRUCTIVE SURGERY*
Nolan, I. T., Poudrier, G., Motosko, C. C., Cook, T. E., Saia, W., Gothard, M., Hazen, A.
2020; 145 (2): 464E-465E
- **Platelet rich plasma for photodamaged skin: A pilot study** *JOURNAL OF COSMETIC DERMATOLOGY*
Lee, Z., Sinno, S., Poudrier, G., Motosko, C. C., Chiodo, M., Saia, W., Gothard, D., Thomson, J. E., Hazen, A.
2019; 18 (1): 77-83
- **Modified Nipple Flap with Free Areolar Graft for Component Nipple-Areola Complex Construction: Outcomes with a Novel Technique for Chest Wall Reconstruction in Transgender Men** *PLASTIC AND RECONSTRUCTIVE SURGERY*
Frey, J. D., Yu, J. Z., Poudrier, G., Motosko, C. C., Saia, W. V., Wilson, S. C., Hazen, A.
2018; 142 (2): 331-336
- **Transgender Top Surgery & the hybrid nipple flap: A retrospective review of data on surgical outcomes and patient-reported satisfaction at NYU Langone Medical Center, Hansjörg Wyss Department of Plastic Surgery** *EPATH Conference Poster Presentation*
Saia, W.
2017

PRESENTATIONS

- Assessing post-op quality of life (QOL) and patient-reported satisfaction with transgender top surgery (male chest wall reconstruction) at NYU Langone Medical Center - NESPS Annual Meeting (2017)
- Microneedling: Benefits, Risks and Outcomes - International Society of Plastic Surgery Nurses (ISPAN) (2017)
- Peri-operative Management of the Transgender Patient in an Outpatient Setting - NYU Langone Microsurgery Conference (2017)
- Surgical Options for Transgender Patients: A Panel Discussion - ISPAN (2017)
- Lymphedema Surgery: An Update for the Lymphedema Patient and the Providers Caring for Them - ISPAN (2020)
- The Elusive Skin Graft: Tricks and Tips for Peri-Operative Management of a Skin Graft - ISPAN (2019)
- Top Ten Post-Operative Red Flags: Identifying and Treating Complications in the Plastic Surgery Patient - ISPAN (2019)