



## **Dr. Katerina Gallus Delivers Keynote at Women Plastic Surgeons Symposium**

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Restore SD Plastic Surgery founder Dr. Katerina Gallus delivered a keynote presentation on the theme of resilience at the American Society of Plastic Surgeons (ASPS) Women Plastic Surgeons Symposium in Palm Springs this January. The board-certified plastic surgeon addressed 150 women surgeons at the sold-out national conference with a presentation titled "Resilience Restored: From Setback to Strength in Plastic Surgery."

The selection of Dr. Gallus as keynote speaker highlights her recognized leadership within the plastic surgery community and her commitment to advancing important conversations about sustaining excellence in demanding medical careers. Her presentation focused on resilience as both a personal resource and a leadership tool essential for navigating the unique challenges faced by surgeons.

Dr. Gallus emphasized that resilience extends beyond simply recovering from setbacks. Her message centered on approaching obstacles with curiosity and renewed focus while modeling the culture physicians

want to see in their field. The presentation explored resilience on multiple levels, from individual well-being to community support and professional advancement.

"Resilience isn't just pushing through or getting back up after a setback," said Dr. Gallus. "It's tackling obstacles with curiosity and renewed focus. With resilience, we can model the culture we want to see. Restore Yourself, Restore Each Other, Restore the Field."

The keynote received a standing ovation from attendees, reflecting the resonance of her message among fellow plastic surgeons committed to leading with both excellence and humanity. The presentation addressed critical issues facing women in the majority-male field of plastic surgery, including maintaining personal well-being while meeting the demands of surgical practice and fostering supportive professional communities.

The Women Plastic Surgeons Symposium serves as a premier educational forum bringing together leaders in breast and body contouring, facial aesthetics, and practice management. The interactive program provides attendees opportunities to strengthen technical and professional skills while connecting with colleagues from across the nation.

The keynote presentation represents Dr. Gallus's ongoing contribution to advancing important conversations within the medical community about physician well-being, effective leadership, and sustaining excellence throughout surgical careers.

Dr. Gallus brings over 20 years of experience in both cosmetic and reconstructive surgery to her role as a thought leader in the field. Before establishing her practice in San Diego, she served as a Navy plastic surgeon, cultivating her unique perspective on leadership and resilience through military service. She is a Castle Connolly Top Doctor and was named on the organization's "Exceptional Women In Medicine" list in 2024.

Dr. Gallus' practice, Restore SD Plastic Surgery, offers comprehensive aesthetic and reconstructive services including surgical procedures for the face, breast, and body, as well as non-surgical treatments such as injectables, laser treatments, and skincare services. The practice has established itself as a leading destination in La Jolla and the greater San Diego area for patients seeking personalized treatment approaches combined with technical excellence.

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For more information about Restore SD Plastic Surgery, contact the company here: Restore SD Plastic Surgery Dr. Katerina Gallus 858-224-2281 [info@restoresdplasticsurgery.com](mailto:info@restoresdplasticsurgery.com) 8899 University Center Ln #200, San Diego, CA 92122

## Restore SD Plastic Surgery

*Dr. Katerina Gallus is a board-certified plastic surgeon with over 20 years of experience in plastic and reconstructive surgery. After 12 years as a US Navy plastic surgeon, she established Restore SD Plastic Surgery in La Jolla.*

Website: <https://restoresdplasticsurgery.com/>

Email: [info@restoresdplasticsurgery.com](mailto:info@restoresdplasticsurgery.com)

Phone: 858-224-2281



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