

EDUCATION

University at Buffalo, School of Medicine and Biomedical Sciences, Buffalo, NY
Doctor of Medicine, 2011 – 2015

New York University, College of Arts and Science, New York, NY
Bachelor of Science in Chemistry, 2006 – 2010

New Hartford Senior High School, New Hartford, NY
Class of 2006

POST-GRADUATE TRAINING

Fellowship

El Paso Cosmetic Surgery, El Paso, TX
ASAPS Endorsed Aesthetic Fellowship, 8/2023 – 7/2024

Fellowship

University of Louisville School of Medicine, Louisville, KY
Division of Plastic Surgery, 7/2020 – 6/2023

Residency

Rutgers Robert Wood Johnson Medical School, New Brunswick, NJ
Division of General Surgery, 7/2016 – 6/2020

Internship

University of Rochester Medical Center, Rochester, NY
Division of General Surgery, 6/2015 – 6/2016

EMPLOYMENT

Nayak Plastic Surgery, St. Louis, MO
Plastic Surgeon, 9/2024 – Present

LICENSURE & CERTIFICATIONS

The American Board of Plastic Surgery

Board Certified

11/2025 – Present

The American Board of Surgeons

Board Certified in Surgery

12/2020 – Present

Missouri Board of Registration for the Healing Arts

Missouri State License

5/2024 – Present

Texas Medical Board

Texas State License

11/2022 – 11/2024

Kentucky Board of Medical Licensure

Kentucky State License

12/2019 – 2/2025

New Jersey State Board of Medical Examiners

New Jersey State License

6/2018 – 6/2025

Intuitive Surgical: da Vinci Surgical System

Certificate of da Vinci System Skills Training Proficiency

August 2018

GRANTS

2018 Innovation Grant, New Jersey Health Foundation

Surgical Essentials Application

Total: \$10,000, March 2018

HONORS/AWARDS

APEX Awards for Publication Excellence, 2023

Aesthetic Surgery Journal – Electronic Media

International Society of Plastic Surgery Olympiad Athens World Congress, 2023

Gold Medal – Best Presentation by an Early Surgeon

International Society of Plastic Surgery Olympiad Athens World Congress, 2023
Silver Medal – 2nd Best Oral Presentation on Body Aesthetics

Clinical Excellence Award, 2023
University of Louisville School of Medicine, Division of Plastic Surgery, Louisville, KY

Research Award, 2023
University of Louisville School of Medicine, Division of Plastic Surgery, Louisville, KY

Teaching & Mentoring Award, 2023
University of Louisville School of Medicine, Division of Plastic Surgery, Louisville, KY

House Staff with Outstanding Achievement in Scholarly Activity Award, 2021-2022
Nominee
University of Louisville School of Medicine, Louisville, KY

Research Award, 2022
University of Louisville School of Medicine, Division of Plastic Surgery, Louisville, KY

Teaching & Mentoring Award, 2022
University of Louisville School of Medicine, Division of Plastic Surgery, Louisville, KY

Clinical Research Award: Kentucky Society of Plastic Surgery, 2022
Second Place
Louisville, KY

Health Care Hero, 2020
Rutgers Robert Wood Johnson Medical School, New Brunswick, NJ

Outstanding Surgical Resident, 2020
Rutgers Robert Wood Johnson Medical School, New Brunswick, NJ

Stephen F Lowry Award: Outstanding Contribution to the General Surgery Residency, 2020
Rutgers Robert Wood Johnson Medical School, New Brunswick, NJ

Excellence in Teaching Award, 2017 – 2018
Rutgers Robert Wood Johnson Medical School, New Brunswick, NJ

Strong Star for Excellence in Patient Care, 2015 – 2016
University of Rochester Medical Center, Rochester, NY

Gold Humanism Honor Society, 2014
University at Buffalo School of Medicine and Biomedical Sciences, Buffalo, NY

Dean's Letter of Commendation, 2011 – 2012
University at Buffalo School of Medicine and Biomedical Sciences, Buffalo, NY

New York University Cum Laude, 2010

New York University, College of Arts and Science, New York, NY

New York University Honors Scholar, 2010

New York University, College of Arts and Science, New York, NY

New York University Founders' Day Award, 2010

New York University, College of Arts and Science, New York, NY

Dean's Honors List, 2006 – 2007, 2009 – 2010

New York University, College of Arts and Science, New York, NY

BOOK CHAPTERS

1. O'Daniel TG, **Kachare MD**. Neck Reduction: Clinical Decision Making
In Press: Advanced Facial Anatomy: The Key to Understanding Facial Aesthetic Surgery
2. O'Daniel TG, **Kachare MD**. Evolution of the Surgical Net. Facial Plast Surg. 2024 June 25.
Doi: 10.1055/a-2334-4448. PMID: 38806160
3. Sozer, SO, **Kachare MD**. Glidelift: Gliding Brow and Midface Lift. Advances in Cosmetic Surgery, vol. 7, Elsevier, Inc, Philadelphia PA, 2024, pp.125-133.
4. Sozer SO, **Kachare MD**. "Glide Lift." Cirurgia Plástica da Face e Cosmiatria, Thieme Revinter, Rio de Janeiro, RJ, Brazil, 2024, pp. 504-515
5. O'Daniel TG, **Kachare MD**, Pedro Salomão Piccinini. "Cervicoplastia Profunda." Cirurgia Plástica da Face e Cosmiatria, Thieme Revinter, Rio de Janeiro, RJ, Brazil, 2024, pp. 471-488
6. **Kachare MD**, Barrow BE, Sozer SO. Secondary Body Contouring. Clin Plast Surg. 2024 Jan;51(1):173-190. doi: 10.1016/j.cps.2023.09.003. Epub 2023 Oct 5. PMID: 37945073.

PEER-REVIEWED PUBLICATIONS

1. Kachare SD, **Kachare MD**, Barrow BE, Moore AC, Jhang J, Safeek RH, Fell C, Wilhelmi BJ. Extended vs. Circumferential Abdominoplasty: Improved Outcomes with a Shorter Scar and Operation
Submitted: Eplasty
2. Sozer O, Ersan M, **Kachare MD**, Cakmakoglu C, Sibar S, Rojas E. Extended Gliding Brow Lift: An Effective Solution for Brow and Periorbital Rejuvenation. Plast Reconstr Surg. 2026 Aug 1;158(2):237-247. doi: 10.1097/PRS.00000000000012611. Epub 2025 Nov 11. PMID: 41217905.

3. Sozer O, Ersan M, Cakmakoglu C, **Kachare MD**, Sibar S. Glidelift: No Visible Scar Approach to Periorbital Rejuvenation. *Aesthetic Plast Surg.* 2026 Feb;50(3):816-829. doi: 10.1007/s00266-025-05303-y. Epub 2025 Oct 8. PMID: 41062668.
4. Sozer O, Ersan M, Sibar S, **Kachare MD**, Cakmakoglu, C. An Innovative Approach to Chin Ptosis Correction with Surgical Net. *Aesthetic Plast Surg.* 2025 Mar 10. doi: 10.1007/s00266-025-04784-1. Epub ahead of print. PMID: 40064646.
5. Mostovych AL, **Kachare MD**, Azzolini A, Moore A, Tranthem LA, Fell C, Prewitt C, Shapiro RL. Unexpected Complication Involving a Retrosternal Biloma: A Guide to Managing Sternal Wound Infections. *Eplasty.* 2024 Apr 22;24:QA11. PMID: 38863655; PMCID: PMC11166383.
6. Fell C, **Kachare MD**, Nixon A, Moore A, Tranthem LA, Mostovych AL, Prewitt C, Cantrell R, Wilhelmi BJ. The "Clinda-Clumper" - A Quick and Efficient Method to Remove Free Silicone After a Breast Implant Rupture Using a Clindamycin Solution. *Eplasty.* 2024 Apr 15;24:QA8. PMID: 38715633; PMCID: PMC11076054.
7. Sozer SO, Sibar S, **Kachare MD**. Progressive Contouring of the Platysma With Barbed Sutures. *Aesthet Surg J.* 2024 Apr 4;44(5):449-462. doi: 10.1093/asj/sjad362. PMID: 38055921.
8. Barrow BE, **Kachare MD**, Kachare SD, Alur A, Little J. Call the Bomb Squad: An Interesting Case of a Retained Firework Explosive in the Mouth. *Eplasty.* 2023 Sep 15;23:QA9. PMID: 37799323; PMCID: PMC10550257.
9. Fell C, **Kachare MD**, Moore AC, Wilhelmi BJ. Does Size Really Matter? A Review on How to Determine the Optimal Umbilical Size During an Abdominoplasty. *Eplasty.* 2023 Jun 20;23:e38. PMID: 37465474; PMCID: PMC10350878.
10. **Kachare MD**, Moore AC, Little J, O'Daniel TG. Response to: Discussion of Details in the Application of Laser-Assisted Fluorescence Angiography With SPY-Q Software Analysis. *Aesthet Surg J.* 2023 Jul 15;43(8):NP652-NP653. doi: 10.1093/asj/sjad084. PMID: 36996438.
11. Kachare SD, **Kachare MD**, Vivace BJ, Barrow BE, Ablavsky M, Abell S, Choo JH, Wilhelmi BJ. The 5 D's to Dunk the Dog: A Retrospective Clinical Review to Prevent Dog Ear Contour Abnormalities in Vertical Breast Reductions and Breast Lifts. *Eplasty.* 2023 Feb 27;23:e13. PMID: 36919153; PMCID: PMC10008304.
12. Barrow BE, **Kachare MD**, Simpson AM, Corey SL, Wilhelmi BJ. Breast Implants Save Lives: Gunshot Wound to a Silicone Gel Implant. *Eplasty.* 2023 Jan 30;23:QA4. PMID: 36846083; PMCID: PMC9949879.
13. **Kachare MD**, Moore AC, Little J, O'Daniel TG. Establishment of Safety of Hemostatic Net Application Utilizing Laser Assisted Fluorescence Angiography with SPY-Q Software Analysis. *Aesthet Surg J.* 2023 Jan 13:sjad007. doi: 10.1093/asj/sjad007. Epub ahead of print. PMID: 36636947.

14. Simpson AM, Barrow BE, Corey SL, **Kachare MD**, Choo JH, Wilhelmi BJ. Red Breast Syndrome: Complete Resolution Following Replacement of Acellular Dermal Matrices With Acellular Collagen Matrices. *Eplasty*. 2022 Sep 6;22:QA1. PMID: 36330504; PMCID: PMC9615911.
15. **Kachare MD**, Barrow BE, Corey S, Elfanagely O, Rossi AJ, Simpson AM, Kachare SD, Choo J, Wilhelmi BJ. Prevention of Implant Malposition in Latissimus Dorsi Myocutaneous Flap Breast Reconstruction Using an Acellular Dermal Matrix With Pectoralis Muscle Following Mastectomy for Breast Cancer: A Clinical Review. *Eplasty*. 2022 Sep 6;22:e39. PMID: 36160664; PMCID: PMC9490880.
16. Safeek RH, Vavra J, **Kachare MD**, Wilhelmi BJ, Choo J. Functional Disability Associated With Proximal Clavicle Resection and Pectoralis Flap Transposition for Sternoclavicular Joint Infections. *Eplasty*. 2022 Aug 18;22:e34. PMID: 36160665; PMCID: PMC9490884.
17. **Kachare MD**, Elfanagely O, Safeek RH, Barrow B, Simpson AM, O'Toole A, Hsiao EC, Kachare SD, Engineer N, Quintero J, Wilhelmi BJ. Complete Penile Amputation: An Anatomical Reference and Surgical Pearls to Ensure a Successful Replantation. *Eplasty*. 2022 Aug 16;22:ic12. PMID: 36160661; PMCID: PMC9490876.
18. **Kachare MD**, Kachare SD, Vivace BJ, Elfanagely O, Barrow B, O'Toole A, Simpson AM, Safeek R, Choo JH, McCurry TM, Wilhelmi BJ. Restoring Breast Volume in High BMI Patients: A Single-Center Review of Breast Reconstruction Using Hyperinflated Saline Implants. *Eplasty*. 2022 Jul 21;22:e30. PMID: 36000008; PMCID: PMC9361388.
19. Vivace BJ, Kachare SD, Meredith LT, **Kachare MD**, Kapsalis CN, Muresan C, Choo JH, Kasdan ML, Wilhelmi BJ. Posterior Interosseous Nerve Graft: Utilizing External Landmarks and Anthropometric Ratios to Predict Available Length for Digital Nerve Reconstruction in a Cadaveric Study. *Plast Surg (Oakv)*. 2022 May;30(2):130-135. doi: 10.1177/2292550321995731. Epub 2021 May 12. PMID: 35572081; PMCID: PMC9096857.
20. O'Daniel TG, **Kachare MD**. The Utilization of Poly-L-Lactic Acid as a Safe and Reliable Method for Volume Maintenance After Facelift Surgery With Fat Grafting. *Aesthet Surg J Open Forum*. 2022 Mar 4;4:ojac014. doi: 10.1093/asjof/ojac014. PMID: 35662905; PMCID: PMC9153375.
21. Choo JH, Vivace BJ, Meredith LT, Kachare SD, Lee TJ, **Kachare MD**, Wilhelmi BJ. Obesity and the Latissimus Dorsi Flap: A Radiologic Study. *Plast Surg (Oakv)*. 2023 May;31(2):132-137. doi: 10.1177/22925503211031927. Epub 2021 Jul 14. PMID: 37188129; PMCID: PMC10170644.
22. Kachare SD, Vivace BJ, Meredith LT, **Kachare MD**, Kapsalis CN, Ablavsky M, Safeek RH, Muresan C, Choo JH, Kasdan ML, Wilhelmi BJ. Anatomic surface landmarks to guide injection for posterior interosseous nerve block. *J Plast Surg Hand Surg*. 2021 Feb;55(1):17-20. doi: 10.1080/2000656X.2020.1828895. Epub 2020 Oct 10. PMID: 33043751.

23. Bargoud C, **Kachare MD**, Rossi AJ, Anderson C, Feingold DL, Patel NM. Totally Robotic Sigmoidectomy with Trans-anal Specimen Extraction and Intra- corporeal, Single Stapler, End-to-End Anastomosis. CSurgeries, 2020. Epub 2020 Dec 22. doi: 10.17797/2020122201.
24. **Kachare MD**, Rossi AJ, Donohue KD, Davidov T. Telesurgical Assessment: Using Smartphone Messaging to Efficiently Manage Postoperative Wounds. Telemed J E Health. 2020 Dec;26(12):1540-1542. doi: 10.1089/tmj.2019.0270. Epub 2020 Mar 11. PMID: 32167858.
25. Kachare SD, Meredith LT, **Kachare MD**, Vivace BJ, Kapsalis CN, Muresan C, Choo JH, Kasdan ML, Wilhelmi BJ. Surface Landmarks to Provide a Safe Ulnar Nerve Block in the Wrist: Anatomical Study and Literature Review. Eplasty. 2020 Oct 19;20:e12. PMID: 33214803; PMCID: PMC7656157.
26. **Kachare M**, Zumba O, Rodriguez LR, Patel NM. da Vinci Assisted Take Down of a Rectovaginal Fistula Through a Posterior Vaginectomy. CSurgeries, 2020. Epub 2020 Aug 11. doi: 10.17797/2020081005.
27. Kachare SD, Kapsalis C, Yun A, **Kachare MD**, Davis J, Weeks D, Jhang J, Wilhelmi BJ, Kasdan ML. Students teaching students: A survey of a medical student led surgical skills workshop - A prospective cohort study. Ann Med Surg (Lond). 2020 May 30;56:43-47. doi: 10.1016/j.amsu.2020.05.034. PMID: 32577230; PMCID: PMC7303916.
28. Kachare SD, Abell SR, **Kachare MD**, Jhang J, Wilhelmi BJ, Kasdan ML. Basic suture technique: Instructional videos explaining suturing for medical students in a qualitative study. Ann Med Surg (Lond). 2019 Nov 5;48:122-123. doi: 10.1016/j.amsu.2019.10.027. PMID: 31763039; PMCID: PMC6864315.
29. **Kachare MD**, Rossi AJ, Mahpour NY, Davidov T. Incisional Hernia After Percutaneous Endoscopic Gastrostomy Tube Placement: Importance of Avoiding the Linea Alba. ACG Case Rep J. 2019 Jul 16;6(7):e00120. doi: 10.14309/crj.0000000000000120. PMID: 31620520; PMCID: PMC6722355.
30. Cuccolo NG, Crystal DT, Girard AO, **Kachare M**, Zhang KA, Noel D, Tiruneh MW, Earnhardt MC, Lee BT, Sinkin J, Agag R. Abstract QS31: Patient Preferences for Chaperone Use During Plastic Surgery Physical Examinations. Plast Reconstr Surg Glob Open. 2019 Apr 29;7(4 Suppl):122-123. doi: 10.1097/01.GOX.0000558451.49391.13. PMCID: PMC6504391.
31. Kachare S, Kapsalis C, **Kachare M**, Hiller A, Abell S, Lee TJ, Wilhelmi BJ. Earplug Umbilicoplasty: A Simple Method to Prevent Umbilical Stenosis in a Tummy Tuck. Eplasty. 2019 Apr 12;19:e12. PMID: 31024638; PMCID: PMC6469287.
32. Kachare SD, Vivace BJ, Henderson JT, **Kachare M**, Kapsalis C, Fulfer JL, Choo J, Wilhelmi BJ. Kickstand External Fixator for Immobilization Following Free Flap Plantar Calcaneal Reconstruction. Eplasty. 2019 Apr 9;19:e11. PMID: 31019647; PMCID: PMC6467181.

33. **Kachare M**, Dhir N. Robotic Assisted Small Bowel Resection for Meckel's Diverticulum. CSurgeries, 2017. Epub 2017 April 10. doi: 10.17797/201706079.
34. Shah N, **Kachare M**, Rezac C. Sigmoidocele: A Rare Cause of Constipation in Males. World Journal Colorectal Surgery. 2016;6(5):8.
35. **Kachare M**, Hahn E Jr, Granick MS. Carpal tunnel syndrome. Eplasty. 2013;13:ic8. Epub 2013 Jan 18. PMID: 23359853; PMCID: PMC3554258.
36. Depetris RS, Julien JP, Khayat R, Lee JH, Pejchal R, Katpally U, Cocco N, **Kachare M**, Massi E, David KB, Cupo A, Marozsan AJ, Olson WC, Ward AB, Wilson IA, Sanders RW, Moore JP. Partial enzymatic deglycosylation preserves the structure of cleaved recombinant HIV-1 envelope glycoprotein trimers. J Biol Chem. 2012 Jul 13;287(29):24239-54. doi: 10.1074/jbc.M112.371898. Epub 2012 May 29. PMID: 22645128; PMCID: PMC3397850.

SCIENTIFIC ABSTRACTS/PRESENTATIONS

1. **International Society of Aesthetic Plastic Surgery: World Congress**, Cartagena, Colombia June 2024
M. Kachare, S.O. Sozer. "Optimizing Results in Circumferential Lipoabdominoplasty Procedures."
2. **American Society of Aesthetic Plastic Surgery: The Aesthetic Meeting**, Vancouver, Canada May 2024
M. Kachare, S.O. Sozer. "Optimizing DVT Prevention with Abdominoplasties."
3. **International Society of Aesthetic Plastic Surgery: World Congress**, Athens, Greece September 2023
M. Kachare, S.O. Sozer. "An Update on Optimizing Results in a Circumferential Lipoabdominoplasty."
4. **International Society of Aesthetic Plastic Surgery: World Congress**, Athens, Greece September 2023
M. Kachare, S.O. Sozer. "Refinement to The Split Gluteus Maximus Auto-Buttock Lift and Augmentation."
5. **International Society of Aesthetic Plastic Surgery: World Congress**, Athens, Greece September 2023
T.G. O'Daniel, A. Moore, **M. Kachare**, L. Minelli. "Anatomical Explanation for Buccal Fat Pad Ptosis and Strategies for Management During Sub-SMAS Facelift."
6. **International Society of Aesthetic Plastic Surgery: World Congress**, Athens, Greece September 2023
T.G. O'Daniel, **M. Kachare**, L. Minelli, A. Moore. "Demystifying Defining Safe Steps for Submandibular Gland Reduction."

7. **Kentucky Society of Plastic Surgeons**, Louisville, KY
December 2022
M. Kachare, A. Moore, T.G. O'Daniel. "The Gliding Lip Lift."
8. **International Society of Aesthetic Plastic Surgery: World Congress**, Istanbul, Turkey
September 2022
M. Kachare, A. Moore, T.G. O'Daniel. "The Gliding Lip Lift."
9. **Jornada Paulista de Cirurgia Plástica**, São Paulo, Brazil
June 2022
T.G. O'Daniel, **M. Kachare**. "The Utilization of Poly-L-Lactic Acid as a Safe and Reliable Method for Volume Maintenance After Facelift Surgery with Fat Grafting."
10. **Ohio Valley Society of Plastic Surgeons 65th Meeting 2022**, Louisville, KY
June 2022
M. Kachare, T.G. O'Daniel. "The Gliding Lip Lift."
11. **Ohio Valley Society of Plastic Surgeons 65th Meeting 2022**, Louisville, KY
June 2022
M. Kachare, S. Kachare, B. Vivace, O. Elfanagely, A. O'Toole, A. Simpson, B. Barrow, R. Safeek, J. Choo, T. McCurry, B. Wilhelmi. "Restoring Breast Volume in High BMI Patients: A Single-Center Review of Breast Reconstruction Using Hyperinflated Saline Implants"
12. **Ohio Valley Society of Plastic Surgeons 65th Meeting 2022**, Louisville, KY
June 2022
S. Kachare, **M. Kachare**, M. Ablavsky, B. Vivace, B. Barrow, S. Abell, J. Choo, B. Wilhelmi. "Dunking the Dog - The 5 D's to prevent dog-ears in vertical breast reductions and breast lifts: A retrospective clinical review."
13. **Kentucky Society of Plastic Surgeons**, Louisville, KY
April 2022
M. Kachare, B. Barrow, O. Elfanagely, S. Corey, A. Rossi, A. Simpson, S. Kachare, J. Choo, B. Wilhelmi. "The Prevention of Implant Malposition in Latissimus Dorsi Myocutaneous Flap Breast Reconstruction using an Acellular Dermal Matrix Following Mastectomy for Breast Cancer: A Clinical Review"
14. **Kentucky Society of Plastic Surgeons**, Louisville, KY
April 2022
S. Corey, A. Simpson, B. Barrow, **M. Kachare**, J. Choo, B. Wilhelmi. "Red Breast Syndrome: Complete Resolution Following Replacement of Acellular Dermal Matrices with Acellular Collagen Matrices."
15. **Plastic Surgery The Meeting**, Atlanta, GA
October 2021

M. Kachare, R. Safeek, J. Vavra, G. Tobin, B. Wilhelmi, J. Choo. “Functional Disability Associated with Proximal Clavicle Resection and Pectoralis Flap Transposition for Sternoclavicular Joint Infections.”

16. Ohio Valley Society of Plastic Surgeons 64th Meeting 2021, Virtual
June 2021

M. Kachare, B. Barrow, S. Corey, O. Elfanagely, A. Rossi, A. Simpson, S. Kachare, J. Choo, B. Wilhelmi. “The Prevention of Implant Malposition in Latissimus Dorsi Myocutaneous Flap Breast Reconstruction using an Acellular Dermal Matrix Following Mastectomy for Breast Cancer: A Clinical Review”

17. American College of Surgeons Clinical Congress 2020, Chicago, IL
October 2020

S. Gregory, **M. Kachare**, A. Rossi, M. Luthringer, R. Agag, D. Feingold, and N.M. Patel. “Complex Rectovaginal Fistula Repair with a Vascularized Gracilis Muscle Interposition Flap.”

18. Plastic Surgery Research Council Annual Meeting, Baltimore, MD
May 2019

N. Cuccolo, D. Crystal, A. Girard, **M. Kachare**, K. Zhang, D. Noel, M. Tiruneh, M. Earnhardt, Sinkin, and R. Agag. “Patient Preferences for Chaperone Use During Plastic Surgery Physical Examinations.”

19. 2019 ACGME Annual Educational Conference, Orlando, FL
March 2019

M. Kachare, E. Jones, T. Davidov, N.M. Patel. “Strengthening Weaknesses in Operative Technique (SWOT) Application.”

20. 2019 American Society for Peripheral Nerve Annual Meeting, Palm Desert, CA
February 2019

B. Vivace, S. Kachare, L. Meredith, C. Kapsalis, **M. Kachare**, and B. Wilhelmi. “Posterior Interosseous Nerve Graft: Utilizing a Ratio of Surface Anatomy to Predict Length for Digital Nerve Reconstruction.”

21. 2019 American Association for Hand Surgery Annual Meeting, Palm Desert, CA
January 2019

S. Kachare, B. Vivace, L. Meredith, C. Kapsalis, **M. Kachare**, and B. Wilhelmi. “Anthropometric Ratio to Accurately Predict the Injection Site of the Posterior Interosseous Nerve.”

22. American College of Surgeons Clinical Congress 2018, Boston, MA
October 2018

O. Zumba, **M. Kachare**, L.R. Rodriguez, and N.M. Patel. “DaVinci Assisted Take Down of Iatrogenic Rectovaginal Fistula Through a Posterior Vaginectomy.”

23. Annual Meeting for The Association for Surgical Education, Austin, TX

May 2018

K. Grover, **M. Kachare**, J. Crystal, S. Saadat, N.M. Patel. “Using Morbidity and Mortality Conferences to Improve the Surgical Trainee’s Oratory Skills.”

24. Annual Forum for Resident Research, Rutgers Robert Wood Johnson University Hospital, New Brunswick, NJ

May 2018

M. Kachare, N. Cuccolo, A.R. Johnson, D. Crystal, S. Viviano, J. David, C. Kim, D. Noel, J. Sinkin, R. Agag. “The Effect of Cost Transparency on Surgical Cost Utilization in Plastic Surgery.”

25. Annual Forum for Resident Research, Rutgers Robert Wood Johnson University Hospital, New Brunswick, NJ

May 2018

N. Cuccolo, **M. Kachare**, C. Kim, M.B. Earnhardt, S. Viviano, J. Sinkin, R. Agag. “Patient Preference for Chaperone Use During Plastic Surgery Physical Examinations.”

26. Annual Forum for Resident Research, Rutgers Robert Wood Johnson University Hospital, New Brunswick, NJ

May 2018

D. Crystal, **M. Kachare**, A. Azzolini, N. Cuccolo, J. Sinkin, R. Agag. “Prospective Analysis of Pain Scale and Its Impact on Subjective Hospital Experiences in Patients Undergoing Autologous Breast Reconstruction.”

27. Annual Forum for Resident Research, Rutgers Robert Wood Johnson University Hospital, New Brunswick, NJ

May 2018

R. Korrapolu, C. Tandon, A. Singh, K. Du, **M. Kachare**. “MyoTherapy: Utilizing Electromyography and Gyroscope Precession with Gamification to Improve the Physical Therapy Experience.”

28. Annual Forum for Resident Research, Rutgers Robert Wood Johnson University Hospital, New Brunswick, NJ

May 2017

M. Kachare, N.Mahpour, T. Davidov. “Telesurgical Assessment (TSA): Using Smartphone Photo Messaging to Efficiently Manage Postoperative Wounds

ACADEMIC PRESENTATIONS

1. Grand Rounds: Chief Experience

University of Louisville, Division of Plastic Surgery, Louisville, KY
June 2023

- 2. Grand Rounds: Hair Restoration**
University of Louisville, Division of Plastic Surgery, Louisville, KY
March 2023
- 3. Grand Rounds: Breast Augmentation**
University of Louisville, Division of Plastic Surgery, Louisville, KY
November 2022
- 4. Grand Rounds: Rhinoplasty**
University of Louisville, Division of Plastic Surgery, Louisville, KY
November 2022
- 5. Grand Rounds: Facial Implants and Lip Lifts**
University of Louisville, Division of Plastic Surgery, Louisville, KY
June 2022
- 6. Grand Rounds: Blepharoplasty**
University of Louisville, Division of Plastic Surgery, Louisville, KY
May 2022
- 7. Grand Rounds: Gender Affirming Surgery**
University of Louisville, Division of Plastic Surgery, Louisville, KY
April 2022
- 8. Reshaping Patients' Lives Through Plastic Surgery**
University of Louisville School of Medicine, Louisville, KY
February 2022
- 9. Reshaping Patients' Lives Through Plastic Surgery**
University of Louisville School of Medicine, Louisville, KY
November 2021
- 10. Grand Rounds: Rhytidectomy**
University of Louisville, Division of Plastic Surgery, Louisville, KY
October 2021
- 11. Grand Rounds: Liposuction**
University of Louisville, Division of Plastic Surgery, Louisville, KY
February 2021
- 12. Grand Rounds: Ear Reconstruction**
University of Louisville, Division of Plastic Surgery, Louisville, KY
November 2020
- 13. Grand Rounds: Local Anesthetics**
University of Louisville, Division of Plastic Surgery, Louisville, KY
August 2020

14. The Impact of Social Media on Surgery – The Blurred Lines Between Personal and Professional

Rutgers Robert Wood Johnson Medical School Department of Surgery, New Brunswick, NJ
May 2020

PEER-REVIEWER

Eplasty, 2023- Present
Plastic Surgery

CSurgeries, 2022 – Present
Plastic Surgery, Aesthetic/Cosmetic Surgery

LEADERSHIP

New Generation Committee, 2024-2026
The International Society of Aesthetic Plastic Surgery

Administrative Chief Resident, 2022 – 2023
University of Louisville School of Medicine, Division of Plastic Surgery, Louisville, KY

Plastic Surgery Interest Group, 2021 – 2023
University of Louisville School of Medicine, Division of Plastic Surgery, Louisville, KY
Fellow Representative

Administrative Chief Resident, 2019 – 2020
Robert Wood Johnson Medical School Department of Surgery, New Brunswick, NJ

General Surgery Ombudsman, 2018 – 2019
Robert Wood Johnson Medical School Department of Surgery, New Brunswick, NJ

Resident Research Coordinator, 2018 – Present
Robert Wood Johnson Medical School Department of Surgery, New Brunswick, NJ

Graduate Medical Education Committee, 2018 – 2020
Robert Wood Johnson Medical School Department of Surgery, New Brunswick, NJ
Class Representative

General Surgery Residency Curriculum Committee, 2017 – 2020
Robert Wood Johnson Medical School Department of Surgery, New Brunswick, NJ
Class Representative

Distinction Program for Medical Innovation & Entrepreneurship, 2017 – 2020

Robert Wood Johnson Medical School, New Brunswick, NJ
Resident Liaison

Surgical Innovation Interest Group, 2017 – 2020

Robert Wood Johnson Medical School Department of Surgery, New Brunswick, NJ
President

Plastic Surgery Interest Group, 2017 – 2020

Robert Wood Johnson Medical School Department of Surgery, New Brunswick, NJ
President

American Medical Student Association, 2012 – 2013

University at Buffalo, School of Medicine and Biomedical Sciences, Buffalo, NY
President

Indoor and Outdoor Intramural Soccer League, 2011 – 2015

University at Buffalo, School of Medicine and Biomedical Sciences, Buffalo, NY
Team Captain

SOCIETY MEMBERSHIPS

Fellow of the American College of Surgeons, 2026 – Present

International Society of Aesthetic Plastic Surgery, 2020 – Present

American Society for Aesthetic Plastic Surgery, 2020 - Present

American Society of Plastic Surgeons, 2020 – Present

American College of Surgeons, 2015 – Present

American Medical Association, 2011 – Present

TECHNOLOGY/INNOVATION

Surgical Residency Mobile Application, 2017

Apple Store: RWJ GS ([Link to App.](#))

Provides access to essential information required by residents.

RESEARCH POSITIONS

Plastic Surgery Summer Clinical Research Internship, 2012

UMDNJ: Department of Plastic Surgery, Newark, NJ

Mark S. Granick, MD

Gained clinical exposure to the field of Plastic Surgery.

Laboratory Research Technician, 2010 – 2011

Weill Cornell Medical College: Department of Microbiology, New York, NY

John P. Moore, PhD

Studied the structure and process of infection for HIV.

Laboratory Research Technician, 2007 – 2009

NYU SOM Center for AIDS: Division of Infectious Diseases and Immunology, New York, NY

Doris Tse, PhD

Studied the pathogenesis of HIV and monitored patient's response to HIV treatment.

QUALITY IMPROVEMENT PROJECTS

The Effect of Cost Transparency in General Surgery, 2018 – 2020

Robert Wood Johnson Handoff Initiative, 2017 – 2020

Using M&M Conferences to Improve the Surgical Oratory Skills, 2017 – 2020

TEACHING EXPERIENCE

Teacher's Assistant for General Chemistry I & II, 2007 – 2009

New York University, New York, NY

GED Tutor & Mentor, 2008

Youth Employment Services (Y.E.S.) Program, New York, NY

COMMUNITY INVOLVEMENT/SERVICE

Lighthouse Free Medical Clinic, Buffalo, NY, 2011 – 2015

A nonprofit, student-run clinic that provides health care to a medically underserved community.

Bornhava, Buffalo, NY, 2013 – 2014

Early intervention program that nurtures and educates children with developmental disabilities.