Meet Rudy J. Triana, Jr., M.D., F.A.C.S.

Experience. Expertise. A Different Approach to Medicine.

BIOGRAPHY & CURRICULUM VITAE

Physician · Surgeon · Researcher · Educator · U.S. Navy Flight Surgeon

For three decades, Dr. Rudy J. Triana, Jr. has built his medical career around a simple principle: the best medicine begins by looking at the whole person—not simply treating an isolated symptom.

A physician, surgeon, researcher, educator, and former U.S. Navy Flight Surgeon, Dr. Triana brings an unusually broad perspective to patient care. His career has crossed the worlds of conventional medicine, complex surgery, facial aesthetics and reconstruction, age management, metabolic and nutritional medicine, and integrative health.

Dr. Triana earned his medical degree from the University of North Carolina School of Medicine, where he also completed his General Surgery internship and residency in Otolaryngology/Head and Neck Surgery. He subsequently completed a prestigious fellowship in Facial Plastic and Reconstructive Surgery at the University of Washington in Seattle.

His early medical career was also shaped by service. Dr. Triana trained in aerospace medicine and served as a Flight Surgeon in the United States Navy, ultimately receiving the distinction of Chief of Naval Air Training Flight Surgeon of the Year in 1992.

Following his surgical training, Dr. Triana joined the faculty of the University of North Carolina at Chapel Hill as an Assistant Professor in Otolaryngology/Head and Neck Surgery and Facial Plastic and Reconstructive Surgery. Throughout his career, he has remained deeply involved in medical education, research, lecturing, and physician training.

He is board certified by the American Board of Otolaryngology/Head and Neck Surgery and the American Board of Facial Plastic and Reconstructive Surgery, and he later pursued advanced training in metabolic, nutritional, anti-aging, and age-management medicine. His postgraduate education has also included advanced training in aesthetic facial, breast and body surgery, vein treatment, wound care, and age-management medicine.

But credentials tell only part of his story.

Medicine Beyond the Diagnosis

Over decades of caring for patients, Dr. Triana became increasingly interested in a question that traditional medicine does not always have the time—or framework—to ask:

Why?

Why is the patient experiencing the problem in the first place?

Why has health changed?

What is happening metabolically, hormonally, nutritionally, structurally, and physiologically beneath the diagnosis?

And what can be done not merely to manage disease, but to improve the way a person functions, performs, heals, and ages?

That curiosity led Dr. Triana beyond the boundaries of his original surgical training and into the study of longevity, metabolic health, nutrition, hormone optimization, body composition, performance, and integrative medicine.

It is also what distinguishes his approach today.

Rather than separating aesthetics, health, performance, and longevity into unrelated specialties, Dr. Triana looks at them as interconnected expressions of the same human system. His surgical background gives him a deep understanding of anatomy and physiology; his research background encourages him to question assumptions; and his experience in metabolic and nutritional medicine allows him to look beyond conventional symptom management.

A Physician Who Has Never Stopped Studying

Research has been part of Dr. Triana's career since before he became a physician. His CV includes multiple research fellowships, including work at UNC and an international research fellowship in otology at the University of Sydney.

He has authored and co-authored numerous peer-reviewed articles, textbook chapters, and scientific publications in facial plastic and reconstructive surgery, head and neck surgery, otology, microvascular reconstruction, trauma, and related fields.

He has also lectured extensively to physicians, nurses, surgical professionals, medical students, and professional organizations on subjects ranging from facial reconstruction and trauma to aesthetic surgery and the aging face. His teaching experience has included anatomy and surgical dissection courses as well as medical education at UNC and other institutions.

That lifelong curiosity continues to define his practice today.

Healthspan, Not Simply Lifespan

For Dr. Triana, longevity isn't about adding years for the sake of adding years.

It is about preserving the ability to think clearly, move well, maintain strength, remain metabolically healthy, feel energetic, and continue participating fully in life.

That philosophy is personal as well as professional. Fitness and weight training have long been among his interests, alongside holistic and alternative approaches to medicine. He is also a third-degree black belt in Taekwondo.

Today, his approach brings together decades of surgical precision, conventional medical training, scientific inquiry, and integrative thinking to create something increasingly rare in modern healthcare:

A physician who has the experience to understand complex medicine—and the curiosity to keep asking what else may be possible.

Curriculum Vitae

Rudy J. Triana, Jr., M.D., F.A.C.S.

Academic Appointments

- 12/2011- current. Adjunct Clinical Professor Otolaryngology/Head and Neck Surgery- University of Louisville School of Medicine.
- 12/2011-current. Adjunct Clinical Professor Otolaryngology/Head and Neck Surgery; Facial Plastic and Reconstructive Surgery. Pikeville College of Osteopathic Medicine.

Postgraduate Training

- 11/16/17-11/19/17-Advanced training in Aesthetic Breast and Body Surgery. Tulsa Surgical Arts. Angelo Cuzalina, MD, DDS director.
- 3/10/14-12/10/16 - Fellowship American Academy of Anti-Aging Medicine (Metabolic and Nutritional Medicine
- 11/5/12-11/8/12-Advanced Vein Treatment. Varicosity Management Group. Duane Randleman, MD. Birmingham, Alabama.
- 9/25/2012-9/26/2012- Advanced Wound Center Physician Training. Accelecare, Kansas City, Missouri.
- 4/2/08-4/06/08-Advanced training in Breast Aesthetic Surgery. American Academy of Cosmetic Surgery. Mark Mandell-Brown, MD, Cincinnati, Ohio.
- 10/01/07-10/08/07-Age management Tutorial Training. Cenegenics Medical Institute, Las Vegas, Nevada.
- 11/15/06-11/22/06-Advanced training in Aesthetic Breast Surgery. American Academy of Cosmetic Surgery, Tulsa, Oklahoma.
- 10/04-11/04-Advanced training in Aesthetic Breast and Body Contouring. Angelo Cuzalina, MD, DDS. Tulsa, Oklahoma.
- 7/1/98-6/30/99: Fellow, Facial Plastic and Reconstructive Surgery. University of Washington, Seattle, Washington. Wayne F. Larrabee, Jr. MD and Craig S. Murakami, MD, Fellowship Directors.
- 7/1/94-6/30/98: Resident Otolaryngology/Head and Neck Surgery, University of North Carolina Hospitals, Chapel Hill, North Carolina. Harold C. Pillsbury, III, MD, Chairman.
- 7/1/90-6/30/94: Naval Flight Surgeon, Naval Aerospace Medical Institute, Naval Air Station Pensacola, Pensacola, Florida
- 7/1/89-6/30/90: Internship in General Surgery. Department of Surgery. University of North Carolina Hospitals, Chapel Hill, North Carolina. George F. Sheldon, MD, Chairman.

Graduate Training

- 1984-1989: MD. University of North Carolina School of Medicine, Chapel Hill, North Carolina.
- 1986-1987: Fellowship sponsored by the Deafness Research Foundation, Department of Otolaryngology/Head and Neck Surgery, at the University of North Carolina at Chapel Hill. Leave of absence from medical school between 3rd and 4th year to complete research.

Undergraduate Training

- 1980-1984: BA Wake Forest University, Winston-Salem, NC.

Fellowships & Grants

- 1998: Travel grant awarded by the American Academy of Otolaryngologic Allergy.
- 1997-1998: Triologic Society Resident Research Award. Division of Otolaryngology/Head and Neck Surgery. University of North Carolina at Chapel Hill School of Medicine. Wendell G. Yarbrough, MD, preceptor.
- 1/89-6/89: Foreign Research Fellow in Otology. University of Sydney, Sydney, Australia. Professor W.P.R. Gibson, MD, preceptor.
- 1987-1988: Medical Student Research Fellow of the Deafness Research Foundation. Division of Otolaryngology/Head and Neck Surgery, University of North Carolina at Chapel Hill.
- 1987-1988: Southern Medical Association Research Fellow. University of North Carolina at Chapel Hill.
- 1987-1988: Holderness Medical Research Fellowship, University of North Carolina at Chapel Hill.
- 1982-1983: Research Fellow of North Carolina Academy of Science, Wake Forest University, Winston-Salem, North Carolina.

Military Service

- 1994-2000: Lieutenant, Flight Surgeon, Medical Corps, United States Navy Reserve, Primus Unit, Raleigh, North Carolina. Lieutenant Commander (frocked) but discharged prior to applying rank.
- 1991-1994: Lieutenant, Flight Surgeon, Medical Corps, United States Navy. Training Air wing Five, Naval Air Station Whiting Field, Milton, Florida.
- 9/90-2/91-US Navy Flight surgeon training. Naval Air station Pensacola Florida.
- 7/90-9/90: Lieutenant, Staff Physician, Office of Physical Exams, Naval Aerospace Medical Institute. Naval Air Station Pensacola, Pensacola, Florida.

Certifications

- 2015- American Academy of Anti-Aging Medicine (Metabolic and Nutrition Institute)
- 1999-American Board of Otolaryngology/Head and Neck Surgery
- 2001-American Board of Facial Plastic and Reconstructive Surgery

Current Licensure

- March 2026 - Georgia State Medical License
- June 2013: Indiana State Medical License
- February 2010: Kentucky Medical License
- December 2004: Florida State Medical License
- April 1990: Diplomate, National Board of Medical Examiners.

Society Memberships

- American Academy of Anti-Aging Medicine
- American Academy of Otolaryngology/Head and Neck Surgery
- American Academy of Facial Plastic and Reconstructive Surgery
- American College of Surgeons
- American Academy of Cosmetic Surgery
- Association for Research in Otolaryngology
- Sigma XI Research Society

Honors

- 1992 Chief of Naval Air Training Flight Surgeon of the Year
- 1989 Outstanding Intern of the Year
- 1988 Deborah Leary Medical Student Research Award
- 1983 Phi Beta Kappa
- 1983 Omicron Delta Kappa
- 1983 Mortar Board

Publications

- Featured in Knockout, page 280, Susanne Somers, Crown Publishers, 2009.
- Triana RJ, Murakami CS, Larrabee, WF. Skin Grafts and Local flaps. In: Facial Plastic and Reconstructive Surgery, 3rd ed; Papel, Nachlas, Sykes, Frodel, Holt, Park, Toriumi, and Larrabee, editors. Thieme 2007.
- Triana R. Endoscopic Orbital Floor Repair. Oculoplastic Surgery. Holck, 1st edition. Publication scheduled for August 2004.
- Triana RJ, Murakami CS, Larrabee WF. Skin Grafts and Local Flaps. In: Facial Plastic and Reconstructive Surgery, 2nd ed; Papel, Nachlas, Sykes, Frodel, Holt, Park, Toriumi, Larrabee editors. Thieme 2002.
- Triana R. Perspectives. Robert Abbe. Arch Facial Plast Surg. 2000; 2(1) (Jan-Mar):74.
- Triana R. Perspectives. Jacques Joseph, Surgical Sculptor. Arch Facial Plast Surg. 1999; 1(4) (Oct-Dec):324.
- Triana, R. Perspectives. Professor Alexander Limberg. Arch Facial Plast Surg. 1999; 1(3) (Jul-Sept): 226.
- Triana, R. Perspectives. Sir Harold Gillies. Arch Facial Plast Surg. 1999;1(2) (Apr-Jun): 142-143.
- Triana, RJ, Larrabee, WF. Lower Eyelid Blepharoplasty: The Aging Eyelid. Facial Plast Surg. 1999;15(3): 203-212.
- Murakami CS, Triana RJ. Local Scalp Flap Reconstruction. In: Facial Plastic and Reconstructive Surgery. Toriumi ed. Thieme. 1999.
- Murakami CS, Triana RJ. Ear Lobe Reconstruction. In: Facial Plastic and Reconstructive Surgery. Toriumi ed. Thieme. 1999.

- Murakami CS, Triana RJ. Lateral Nasal Wall Reconstruction. In: Facial Plastic and Reconstructive Surgery. Toriumi ed. Thieme. 1999.
- Triana RJ, Uglisic V, Virag M, Varga S, et al. Microvascular Free Flap Reconstructive Options in Patients with Maxillectomy Defects. Arch Fac Plast Surg .2000;2(Apr-Jun):91-101.
- Triana RJ, Shockley WW. Pediatric Zygomatic-Orbital Complex Fractures: The Use of Resorbable Plating Systems A Case Report. J Cranio-Maxillofacial Trauma. 1998;4(3):32-36.
- Triana RJ, Hackeling TA. Complications of Airway Devices. In: Emergency Medicine Study Guide 2000. Tintanelli J, ed. McGraw-Hill Publishers, 1999, 1565-1570.
- Hackeling TA, Triana RJ. Otolaryngologic Emergencies. In: Emergency Medicine Study Guide 2000. Tintanelli J, ed. McGraw-Hill Publishers, 1999, 1556-1565.
- Hackeling TA, Triana RJ, Ma JO, Shockley WW. Emergency care of patients with tracheostomies: A seven year review. Ann Emerg Med. 1998;16(7):681-685.
- Ball SS, Prazma J, Dais CG, Triana RJ, Pillsbury HC. Role of tumor necrosis factor and interleukin-1 in endotoxin induced middle ear effusions. And Oto- Rhino Laryngology. 1997;106(108): 633-639.
- Triana RJ, Carrasco VN. Revision Tympanoplasty. In: Revision Otologic Surgery. Carrasco and Pillsbury, ed. Thieme Publications, 1997: 74-98.
- Rust KR, Prazma J, Triana RJ, Michaelis O, Pillsbury HC. Inner ear damage secondary to diabetes mellitus part II: changes in aging SHR/N-cp rats. Arch Otolaryngology Head Neck Surg. 1992;118(4):397-400.
- Triana RJ, Suits G, Garrison S, Prazma J, Brechtelsbauer B, Michaelis O, Pillsbury HC. Inner ear damage secondary to diabetes mellitus part I: changes in adolescent SHR/N-cp rats. Arch otolaryngology Head Neck Surg. 1991; 117(6):635-641.
- Triana RJ, Prazma J, Michaelis O, Pillsbury HC. Analysis of blood flow in the tympanic membrane. Clinical Digest Series: Otology and Audiology. 1990;(Oct):128-135.
- Carrasco VN, Prazma J, Triana RJ, Faber J, Pillsbury HC. Cochlear microcirculation: The effects of adrenergic agonists on arteriole diameter. Arch otolaryngology Head Neck Surg. 1990;116:411-417.
- Michaelis O, Abraham A, Kimmel P, Velasques M, Triana RJ, Prazma J. Pathophysiological alterations in obese diabetic hypertensive/NIH-corpulent rats. In: Frontiers of Diabetes Research: Lessons from Animals, Diabetes III. Shafrir EE, ed. Smith and Garden Publishers, London, 1990, 330-350.
- Triana RJ, Prazma J, Carrasco VN. Analysis of Blood Flow in the Tympanic Membrane. Am J Otol. 1990;11(4):1-7.

Presentations & Abstracts

- Triana, RJ. The Aging Face. Meeting of the Society of Certified Surgical Technicians. St. Mary's Hospital. Evansville, Indiana. April 24, 2004.
- Triana, RJ. Principles of Facial Reconstruction. Meeting of the Society of Certified Surgical Technicians. Meeting of the Society of Certified Surgical Technicians. St. Mary's Hospital. Evansville, Indiana. April 24, 2004.
- Triana, RJ. Functional Eyelid Pathology. Meeting of the Society of Certified Surgical Technicians. St. Mary's Hospital. Evansville, Indiana. April 24, 2004.

- Triana, RJ. Facial Trauma Management. Meeting of the Society of Certified Surgical Technicians. St. Mary's Hospital. Evansville, Indiana. April 24, 2004.
- Triana RJ. Facial Aesthetic Surgery. REI Cuba program. Calixo-Garcia Hospital, Havana, Cuba. March 17, 2004.
- Triana RJ. Management of Facial Trauma. Trauma Lecture Series. St. Mary's Hospital, Evansville, Indiana. January 21, 2004.
- Triana RJ. All About Botox: Reading Between the lines. Improving the Quality of Life. Family Practice Symposium. September 13, 2003. Evansville, Indiana.
- Triana RJ. Rhytidectomy techniques. 8th annual Orbital/Facial Anatomy& Dissection Course. August 25-28, 2003. San Antonio, Texas.
- Triana RJ. Forehead and Brow lifting techniques. 8th annual Orbital/Facial Anatomy & Dissection Course. August 25-28, 2003. San Antonio, Texas.
- Triana RJ. Treatment of the Aging Eyelid and Midface. Southern Illinois Optometric Society. Lake Barkley, Kentucky.
- Triana RJ. Common Functional Eyelid Problems. Southern Illinois Optometric Society. August 6, 2003, Lake Barkley, Kentucky.
- Triana RJ. Orbital Trauma. Southern Illinois Optometric Society. August 6, 2003, Lake Barkley, Kentucky.
- Triana RJ. Botox and Facial Happiness. Meeting of the Tristate Association of Physician Nurse Assistants. Midwest ENT, March 25, 2003. Evansville, Indiana.
- Triana RJ. Botox: Myth or Reality. Non-surgical and Surgical Options in treating the Aging Face. Rolling Hills Country Club, March 20, 2003, Evansville, Indiana.
- Triana RJ. Pain Relief: Botox Injections. 7th Annual Pain Symposium, Evansville, Indiana, March 1, 2003.
- Triana RJ. Common Problems in Otolaryngology. Monthly Medical Lecture Series, Gibson General Hospital, Princeton, Indiana, December 10,2002.
- Triana RJ. Soft Tissue Techniques. St. Mary's Medical Center, Family Practice Residents, Evansville, Indiana, November 7-8, 2002.
- Triana RJ. Botox "Myth or Reality". Week of the Woman, The Woman's Hospital (Deaconess Medical Center East), Evansville, Indiana, October 15, 2002.
- Triana RJ. Local flaps and Soft Tissue Techniques. 7th Annual Orbital/Facial Anatomy and Dissection Course. BAMC/WHMC, San Antonio, Texas, August 20-22, 2002.
- Triana RJ. Rhytidectomy techniques. 7th Annual Orbital/Facial Anatomy and Dissection Course. BAMC/WHMC, San Antonio, Texas, August 20-22, 2002.
- Triana RJ. Botox and its cosmetic applications. Health Watch Series. WFIE-14, Evansville, Indiana, April 25, 2002.
- Triana RJ. Rejuvenation of the Brow and Forehead. 2nd Annual Carolina Course in Sinus and Facial Plastic Surgery. The University of North Carolina School of Medicine at Chapel Hill. Chapel Hill, NC. April 12-13, 2002.

- Triana RJ. A Younger You. Spotlight on Women Health Forum. The Women's Hospital, Deaconess Medical Center, Evansville, Indiana. April 11, 2002.
- Triana, RJ. Applied Techniques in Facial Plastic Surgery. The Association of Surgical Technicians, Chapter 16. The Woman's Center, Evansville, Indiana, April 6, 2002.
- Triana RJ. Pediatric Allergies. The Women's Group (PRO), Evansville Lutheran Church. Evansville, Indiana, February 27, 2002.
- Triana RJ. Otitis Media Update. Tri State Advanced Nurses Association Meeting. Evansville, Indiana, January 31, 2002.
- Triana RJ. Endoscopic Browlifts. Health Watch Series, WFIE- TV 14, St. Mary's Medical Center, Evansville, Indiana, January 21, 2002.
- Triana RJ. Anatomic Considerations in Head and Neck Reconstruction. Grand Rounds, University of Indiana School of Medicine (Southern Indiana Campus), Evansville, Indiana, January 15, 2002.
- Triana RJ, Buenting JE, Meredith SD. Approaches and Implants: Current Concepts on the Treatment of Orbital Fractures. Annual Meeting of the American Academy of Facial Plastic and Reconstructive Surgery, Denver, Colorado, September 6-9, 2001.
- Triana RJ. Reconstructive Options for Head and Neck Defects. 6th Annual Facial and Orbital Anatomy Dissection Course, Wolford Hall Hospital, San Antonio, Texas, August 20-25, 2001.
- Triana RJ. Facelift Anatomy. 6th Annual Facial and Orbital Anatomy Dissection Course, Wolford Hall Hospital, USAF, San Antonio, Texas, August 20-25, 2001.
- Triana RJ. Soft Tissue Techniques. 6th Annual Facial and Orbital Anatomy Dissection Course, Wolford Hall Hospital, USAF, San Antonio, Texas, August 20-25, 2001.
- Triana RJ. Rhabdomyolysis: Diagnosis and Management. Raleigh School of Nurse Anesthesia. Wake Medical Center, Raleigh, NC. July 19, 2001.
- Triana RJ. Microvascular Reconstruction of Complex Defects of the Midface. Educational Topics in Surgery, Carelina Medical Associates, Department of Surgery. Wake Medical Center, March 23, 2001.
- Triana RJ. "Ask the expert" series on WRAL-TV 5. Facial Plastic Surgery. March 20, 2001, Raleigh, NC.
- Triana RJ. What's New in Facial Plastic Surgery? Alumni Meeting of the Raleigh School of Nurse Anesthesia. Wake Medical Center, Raleigh, NC, March 17, 2001.
- Triana RJ. Reconstructive Options for Soft Tissue Defects of the Head and Neck. Triangle Association of Peri-Anesthesia Nurses, Wake Medical Center, Raleigh, NC, January 22, 2001.
- Triana RJ. Microvascular Reconstructive Options in Patients with Partial and Total Maxillectomy Defects. Department of Surgery Grand Rounds, University of North Carolina at Chapel Hill, Chapel Hill, NC, October 4, 2000.
- Triana RJ. Facial Rejuvenation: A guide to better skin care. Skin Sense Day Spa, The Raleigh Hilton. Raleigh, NC, August 16, 2000.
- Triana RJ. Midface Reconstruction: Free Flap Reconstructive Options. 5th annual Facial and Orbital Anatomy Course/Dissection Course. Army Medical Education Division (AMEDD), Fort Sam Houston, San Antonio, Tx, August 14-18, 2000.

- Triana RJ. Facelift Techniques: An Anatomical Review. 5th annual Facial and Orbital Anatomy Course/Dissection Course. AMEDD, Fort Sam Houston, San Antonio, Tx, August 14-18, 2000.
- Triana RJ. Local Skin Flaps and Soft Tissue Techniques. 5th annual Facial and Orbital Anatomy Course/Dissection Course. AMEDD, Fort Sam Houston, San Antonio, Tx, August 14-18, 2000.
- Brinson G, Triana RJ. Pediatric Neck Abscess from a Tick Bite. The Annual meeting of the North /South Carolina Otolaryngology/Head and Neck Surgery Society. Asheville, NC, July 27-30, 2000.
- Triana RJ. "A Younger You". Educational lecture series. Wake Medical Center, Raleigh, NC, May 8, 2000.
- Triana RJ. Nasal Reconstruction using the Inferior Turbinate Flap. Presented at the annual meeting of the Newton B. Fisher, MD Society, Chapel Hill, NC, May 6-7, 2000.
- Triana RJ. Reconstructive Options for Midface Defects. Presented at the annual meeting of the Newton B. Fischer, MD Society, Chapel Hill, NC, May 6-7, 2000.
- Triana RJ. The Aging Face. Prime Med lecture series. February 22, 2000. Raleigh, NC.
- Triana RJ. Microvascular Free Flap Reconstruction Options in Patients with Partial and Total Maxillectomy Defects. Fall meeting of the American Academy of Facial Plastic and Reconstructive Surgery, New Orleans, Louisianna. September 21-25, 1999.
- Triana RJ. Facelift: Anatomy and Procedure. Orbital/Facial Anatomy and Dissection Course. Department of Otolaryngology/Head and Neck Surgery and Ophthalmology. Wolford Hall Medical Center and Brooke Army Medical Center, Fort Sam Houston, Texas. September 13-17, 1999.
- Triana RJ. Management of Soft Tissue Facial Trauma. Orbital/Facial Anatomy and Dissection Course. Department of Otolaryngology/Head and Neck Surgery and Ophthalmology. Wolford Hall Medical Center and Brooke Army Medical Center, Fort Sam Houston, Texas. September 13-17, 1999.
- Triana RJ. Reconstruction of Maxillectomy Defects. San Antonio Otolaryngology/Head and Neck Society, San Antonio, Texas. September 14, 1999.
- Triana RJ. Microvascular reconstruction of the Maxilla. Alumni Day, Department of Otolaryngology/Head and Neck Surgery. University of Washington, Seattle. June 18, 1999.
- Triana RJ. Rhytidectomy. Visiting Professor, Department of Otolaryngology/Head and Neck Surgery. University of North Carolina at Chapel Hill, Chapel Hill, North Carolina. January 21, 1999.
- Triana RJ, McQueen CT. Ulcerative Supraglottitis: A unique presentation of Post-transplant Lymphoproliferative Disorder. American Society of Pediatric Otolaryngology (Triologic). The Breakers, West Palm Beach, Florida. May 8-12, 1998.
- Triana RJ, Carrasco VN. Cochlear Implantation. Hospital National de Militaria. Bogota, Columbia. November 14-16, 1997.
- Clark JM, Triana RJ, Meredith SD. Tyrosine crystals in the diagnosis of pleomorphic adenoma. North and South Carolina Otolaryngology/Head and Neck Surgery Assembly. Myrtle Beach, SC. August 1-3, 1997.
- Hackeling TA, Triana RJ, Ma OJ, Drake AF. Delayed post-tonsillectomy hemorrhage in children. Triological Society Combined Spring Meetings (COSM). Scottsdale, Arizona. May 10-15, 1997.

- Triana RJ, Blackstock WA, Weissler MC, Gilmer T. Cell cycle protein expression: Potential new markers in the tumorigenesis of head and neck squamous cell carcinomas. American Academy of Otolaryngology/Head and Neck Surgery meeting. Washington, DC. September 29-October 2, 1996.
- Triana RJ. Deep Space Neck Infections: An old disease with a new twist. Second Medical Congress of Nicaragua. Esteli, Nicaragua. August 21-24, 1996.
- Triana RJ, Blackstock WA, Weissler MC, Gilmer T. Differences in tumor suppressor protein expression p16 and p21 in two novel head and neck cancer cell lines: A correlation to radiation sensitivity. Fourth International Conference on Head and Neck Cancer. Toronto, Canada. July 28-August 1, 1996.
- Triana RJ. Pediatric Sinus and Ear Diseases. WRAL TV-5 Minin Series on Health Issues. Raleigh, North Carolina. January 1996.
- Triana RJ. Deep Space Neck Infections. North and South Carolina Otolaryngology/Head and Neck Surgery Assembly. Myrtle Beach, South Carolina. August 3-6, 1995.
- Triana RJ, Prazma J, Pillsbury HC. Inner ear pathology in type II diabetes mellitus. 12th Midwinter meeting of the Association for Research in Otolaryngology. St. Petersburg, Florida. February 2-4, 1989.
- Triana RJ. Pediatric Sinus and Ear Diseases. WRAL TV-5 Minin Series on Health Issues. Raleigh, North Carolina. January 1996.
- Prazma J, Dribben W, Carrasco VN, Triana RJ, Pillsbury HC. Blood flow in the lateral wall of the cochlea. 11th Midwinter meeting of the Association for Research in Otolaryngology. Clearwater, Florida. January 28-February 2, 1988.
- Carrasco VN, Prazma J, Triana RJ, Pillsbury HC. A technique for measurement of vessel diameters and blood flow in the cochlear microvasculature. 11th Midwinter meeting of the Association for Research in Otolaryngology. Clearwater, Florida. January 28-February 2, 1988.
- Triana RJ. Magnitude of blood flow in the tympanic membrane. 11th Midwinter meeting of the Association for Research in Otolaryngology. Clearwater, Florida. January 28-February 2, 1988.
- Carrasco VN, Prazma J, Faber J, Triana RJ, Pillsbury HC. Cochlear microcirculation: The effect of alpha-adrenergic agonists on arteriole diameter. American Academy of Otolaryngology/Head and Neck Surgery meeting. Washington, DC. September 23-27, 1988.
- Triana RJ. The use of intravital fluorescence microscopy. American Academy of Otolaryngology/Head and Neck Surgery meeting. Washington, DC. September 23-27, 1988.

Teaching

- Instructor/lecturer for Cutera Company 9/07-9/2010
- Management of Facial Trauma. Trauma Rounds, Department of Surgery, St. Mary's Hospital. May 10, 2004. Evansville, Indiana.
- Tracheostomy care. Department of Respiratory Therapy. August 18, 2003. Evansville, Indiana.
- Family Practice residents, St. Mary's Hospital, Evansville, Indiana, November 7-8, 2002.
- Soft Tissue Course for Surgical Technicians. Methodist Hospital. Henderson, Kentucky, April 20, 2002.

- Co-Director of The Carolina Course in Sinus Surgery and Facial Plastic Surgery. Chapel Hill, NC, April 27-28th, 2001.
- 5th annual Facial and Orbital Anatomy Course. San Antonio, Tx, August 14-18, 2000.
- Soft Tissue Dissection and Anatomy Course. Department of Otolaryngology/Head and Neck Surgery, University of North Carolina at Chapel Hill, Chapel Hill, NC April 15, 2000.
- Facial Anatomy. Anatomic Dissection Course. Department of Otolaryngology/Head and Neck Surgery, University of North Carolina at Chapel Hill, Chapel Hill, North Carolina. July 15, 1999.
- Cochlear Implants Inservice. Presented to pediatric nursing staff at UNC Children's Hospital, Chapel Hill, NC. 1997-1998.
- Tracheostomy complications lecture series presented to the intensive care nursing staff. Wake Medical Center, Raleigh, NC. 1995-1998.
- Soft Tissue Course: Techniques in Wound Closure. Presented to all third-year medical students beginning surgical rotations at UNC Hospitals. 1996-1998.
- Clinical Instructor. Temporal Bone course taught at the Hospital National de Militaria. Bogota, Columbia. November 14-16, 1997.

Courses

- Cosmetic Breast Surgery-Live Surgery Workshop: American Academy of Cosmetic Surgery, Mark Mandel-Brown, MD, Course Director. Cincinnati, Ohio, June 7-10, 2007.
- Cosmetic Breast Surgery-Live Surgery Workshop: American Academy of Cosmetic Surgery, Angelo Cuzalina, MD, DDS, Course Director. Tulsa, Oklahoma, November 17-21, 2006.
- Aesthetic Facial Surgery of the Aging Face. American Academy of Cosmetic Surgery, Steve Hopping, MD, Course Director. Washington, DC, June 20-23, 2005.
- Tumescent Liposuction. San Juan Capistrano, California. Jeffery Klein, MD Course Director, September 22-26, 2004.
- Aesthetic Facial Surgery. Manhattan Eye & Ear Hospital. New York, New York. November 20-22, 2003.
- Rhinoplasty 2001. University of Chicago, Chicago, Illinois. Course Directors: Eugene Tardy, MD, Dean Toriumi, MD, and Ira Papel, MD. June 26-July 1, 2001.
- 25th Annual Hawaii Dermatology Seminar. Maui, Hawaii, February 4-10, 2001.
- Microvascular Reconstruction of the Head and Neck; Cadaver Dissection Course. Mark Urken, MD, Mount Sinai Medical Center, New York, New York, February 7-13, 2000.
- Raising the Standard in Functional Endoscopic Sinus Surgery. The Western Institute for Surgical Education. Chicago, Illinois, March 18,19, 2000.

Surgical Expertise

- Body contouring surgery (abdominoplasty, beltectomy, brachioplasty, thigh lift)
- Breast reduction, breast reconstruction
- Facial plastic and reconstructive surgery
- Complex rhinoplasty and revision surgery

Interests

- Fitness and Weight Training
- 3rd Dan-Chun Do Kwan- Taekwondo
- Photography
- Cooking
- Travel