



Stephanie Kathryn Teotia, M.D.

2301 Olympia Dr, Ste 100
Flower Mound, TX 75028
Phone 214.823.9652
Fax 214.823.4935

March 2026

A board-certified plastic and reconstructive surgeon with over a decade of private practice experience, Dr. Teotia completed specialized clinical fellowships and conducted extensive research in wound healing as a former National Institutes of Health Research Fellow. She serves as a trusted partner to her patients and as an expert medical witness in legal cases involving medical malpractice, personal injury, and work-related injuries. Dr. Teotia offers medical-legal consulting services to both plaintiffs and defendants and has experience working with individual providers, hospitals, and large corporations. As a former Teach For America Educator, she brings a unique combination of analytical rigor, clear communication, and a passion for guiding others. These qualities distinguish her in both plastic surgery and medical-legal consulting.

EXPERIENCE

Plastic and Reconstructive Surgeon , Flower Mound, TX Private Practice in Dallas and Flower Mound, TX Provides comprehensive evaluation and surgical treatment for patients undergoing aesthetic and reconstructive surgery procedures of the face, breast, and body	2015-Present
Plastic and Reconstructive Surgeon , Midland, TX Premier Physicians	2012-2014
Plastic and Reconstructive Surgery Resident , Chapel Hill, NC Division of Plastic Surgery, University of North Carolina	2009-2012
Wound Care Research Fellow , Chapel Hill, NC Division of Vascular Surgery, University of North Carolina	2008-2009
Pediatric Craniofacial Surgery Fellow , Chapel Hill, NC Division Of Plastic Surgery, University of North Carolina	2007-2008
National Institute of Health Research Fellow , T32 (NIGMS), Chapel Hill, NC Division of Trauma Surgery, University of North Carolina	2005-2007

General Surgery Intern and Resident , Chapel Hill, NC Department of Surgery, University of North Carolina	2002-2005
Secondary Science Chairperson , St. Paul, MN Science Chair, Ellis Academy Charter School	1997-1998
Teach For America (T.F.A.) Teacher , Phoenix, AZ Middle School Science Teacher, C.O. Greenfield School	1995-1997

EDUCATION

University of Chicago Pritzker School of Medicine , Chicago, IL Doctor of Medicine	2002
University of Wisconsin - Madison , Madison, WI Bachelor of Science - Honors and Distinction	1995

LICENSURE AND CERTIFICATION

Texas Medical Board Licensed Physician, Full License	2013-Present
North Carolina Board of Medicine Licensed Physician, Full License	2005-Present

ACADEMIC APPOINTMENTS

Clinical Assistant Professor, Department of Plastic Surgery UT Southwestern Medical Center	2015-Present
Clinical Assistant Professor, Department of Surgery Texas Tech University of Health Science Center School of Medicine - Permian Basin	2013-2014
Adjunct Assistant Professor, Department of Surgery University of North Carolina School of Medicine	2012-2016

COMMITTEES & ACTIVITIES

Career Out Business Mentor , Lewisville Independent School District	2023-Present
Member , Flower Mound Women in Business	2023-Present
Board Member and Sponsor , Flower Mound High School Boys' Soccer	2021-2023
Expert Witness , Texas Medical Board	2020-Present
Ambassador , University of Chicago Alumnae Group	2016-2023
Coach , YMCA Youth Soccer	2021
Board Member , UT Southwestern Women's Faculty Club	2019-2020
Guest Columnist , Katy Trail Weekly	2015-2019

Featured Medical Reviewer , Realself Cellfina Advisory Committee	2017
Medical Mission Surgeon , Team Esperanza - Guatemala	2016
Moderator , Breast Health Symposium, UT Southwestern	2014
Plastic Surgery Representative , Graduate Medical Education University of North Carolina Hospitals	2010-2012
Peer Interviewer , Residency Review Committee University of North Carolina Hospitals	2010
Committee Member , Patient Safety and Core Measurements, University of North Carolina Hospitals	2008-2009
Recruitment Member , Teach For America Alumni	2005-2008
Resident Representative , Surgical Education Committee, University of North Carolina Hospitals	2005 -2007
Instructor , Medical School Anatomy Course University of North Carolina Hospitals	2006
Resident Representative , North Carolina Area Health Education Centers	2004
Class Representative , Medical School Curriculum Committee, University of Chicago	1998-2002
Teaching Assistant , Medical Physical Diagnosis Course, University of Chicago	2002
Interviewer , Medical School Admissions Committee, University of Chicago	1999-2001
Selected Participant , Phoenix Salt River Project Teacher Training Institute	1996
Undergraduate Tutor , Statistics, University of Wisconsin – Madison	1995

PROFESSIONAL SOCIETIES

Wound Healing Society	2026-Present
American Society of Plastic Surgeons	2014-Present
Dallas County Medical Society	2014-Present
Texas Medical Association	2014-Present

AWARDS & HONORS

D Magazine Top Provider as Voted by Peers	2018, 2019, 2023
RealSelf Top 100 Inductee	2018-2019
RealSelf Top Provider	2015-2017
Board Certified, American Board of Plastic Surgery	2013
Chief Resident, Division of Plastic Surgery, University of North Carolina Hospitals	2012
Traveling Research Fellow, Sigvaris	2008
Research Fellow, American Venous Forum	2006
Research Grant Recipient, BSN-Jobst, Inc.	2006
American Board of Surgery In-Training Exam Award Recipient, Department of Surgery, University of North Carolina Hospitals	2006
Excellence in Surgical Critical Care Award, Department of Surgery, University of North Carolina Hospitals	2004
Surgery Student of the Year, University of Chicago	2002
Chi Omega National Sorority Scholarship Recipient, University of Chicago	1998-2001

National Institute of Health Medical Student Research Award, University of Chicago	1999
Graduated with Honors and Distinction, University of Wisconsin – Madison	1995
Psi Chi National Psychology Honor Society, University of Wisconsin – Madison	1995
Panhellenic Rush Chair of the Year, University of Wisconsin – Madison	1993
Sophomore Honors Research Grant Recipient, University of Wisconsin – Madison	1992

PEER-REVIEWED PUBLICATIONS

Jack MC, Kenkare SB, Saville BR, **Beidler SK**, Saba SC, West AN, Hanemann MS, van Aalst, JA. Improving Education Under Work Hour Restrictions: Comparing Learning and Teaching Preferences of Faculty, Residents and Students. *Journal of Surgical Education*. 2010 Sep-Oct; 67(5):290-6.

Beidler SK, Schiro S, Douillet CD, Riesenman PJ, Rich PB. North Carolina All-Terrain Vehicle (ATV) Safety Legislation: An Assessment of the Short-Term Impact on ATV-Related Morbidity and Mortality. *North Carolina Medical Journal*. 2009 Nov-Dec; 70 (6):503-6.

Beidler SK, Douillet CD, Berndt DF, Keagy BA, Rich PB, Marston WA. Inflammatory Cytokine Levels in Chronic Venous Insufficiency Ulcer Tissue Before and After Compression Therapy. *Journal of Vascular Surgery*. 2009 April 49; (4):1013-20.

Beidler SK, Douillet CD, Berndt DF, Keagy BA, Rich PB, Marston WA. Multiplexed Analysis of Matrix Metalloproteinases in Leg Ulcer Tissue of Patients with Chronic Venous Insufficiency Before and After Compression Therapy. *Wound Repair and Regeneration*. 2008 Sept-Oct; 16 (5):642-8.

Riesenman PJ, Riesenman KP, Stone TJ, **Beidler SK**, Douillet CD, and Rich PB. Nonfocused Enhanced Computed Tomography Evaluation of Acute Appendicitis Increases Length of Stay in the Emergency Department but Does Not Increase Perforation Rate. *The American Surgeon*. 2008 June; 74(6): 488-493.

Milano PM, Douillet CD, Riesenman PJ, Robinson WP, **Beidler SK**, Zarzaur BL, Rich PB. Intestinal Ischemia-Reperfusion Injury Alters Purinergic Receptor Expression in Clinically Relevant Extraintestinal Organs. *The Journal of Surgical Research*. 2008 April; 145(2):272-8.

Milano PM, Douillet CD, Zarzaur BL, Robinson WP, **Beidler SK**, and Rich PB. Purinergic Receptor Expression is Altered in Clinically Relevant Extra-intestinal Organs Following Intestinal Ischemia-Reperfusion. *Journal of Surgical Research*. 2006 Feb; 130(2): 332-333.

POSTERS

Beidler SK, Douillet CD, Rich PB, Hultman CS, Marston WA. Soluble Tumor Necrosis Factor-Alpha Receptor II is Elevated in Chronic Venous Insufficiency Ulcers. *Southeastern Society of Plastic and Reconstructive Surgeons*. Amelia Island. June 2012.

Beidler SK, Douillet CD, Quintero-Varca TM, Hultman CS, Marston WA. EGF and Soluble EGF Receptors in Chronic Venous Insufficiency Ulcers Before and After Compression Therapy. American College of Surgeons. Chicago. October 2009.

Beidler SK, Douillet CD, Quintero-Varca TM, Hultman CS, Marston WA. Elevated IP-10 Chemokine Levels in Chronic Venous Insufficiency Ulcers Results in Delayed Healing. Southeastern Society of Plastic and Reconstructive Surgeons. Puerto Rico. June 2009.

Jack MC, Kenkare SB, Saville BR, **Beidler SK**, West AN, van Aalst JA. Use of Validated Learning and Teaching Assessment Tools to Improve Resident Education. American Society of Plastic Surgeons. Chicago. November 2008.

Douillet CD, Riesenman PJ, **Beidler SK**, and Rich PB. Mechanical Ventilation Alters Matrix Metalloproteinase Expression in Lung and Extrapulmonary Tissue. Society of Critical Care Medicine 37th Critical Care Congress. Honolulu. February 2008.

Beidler SK, Schiro S, Douillet CD, Riesenman PJ, Rich PB. North Carolina All-Terrain Vehicle (ATV) Safety Legislation: An Assessment of the Short-Term Impact on ATV-Related Morbidity and Mortality. American College of Surgeons. New Orleans. October 2007.

Beidler SK, Douillet CD, Riesenman PJ, Berndt DF, Rich PB, Marston WA. Gene Expression of Matrix Metalloproteinase and Tissue Inhibitor Levels in Chronic Venous Insufficiency Wounds. Gordon Research Conference. Barga, Italy. June 2007.

Zanotti G, Douillet CD, **Beidler SK**, Stitzel AB, Riesenman PJ, Egan TM, Rich PB. Unilateral Lung Ischemia Reperfusion Injury Alters Bilateral Pulmonary Purinoceptor Expression Patterns. International Conference of the American Thoracic Society. San Francisco. May 2007.

Beidler SK, Douillet CD, Milano PM, Riesenman PJ, Marston WA, Rich PB. Matrix Metalloproteinases in Healthy Tissue: Validation of a Multiplexed Immunoassay and Healthy Tissue Results. 21st International Symposium on Microscale Bioseparations. Vancouver. January 2007.

Beidler SK, Douillet CD, Berndt DF, Rich PB, Marston WA. Protease and Cytokine Levels Expressed by Tissue from Chronic Venous Leg Ulcers Compared to Healthy Tissue. Annual Wound Healing Science and Industry Meeting. St. Thomas. December 2006.

Milano PM, Douillet CD, Robinson III WP, **Beidler SK**, Singh B, Rich, PB. Extracellular Nucleotides Are Elevated In the Cerebrospinal Fluid Of Patients With Traumatic Brain Injury: Correlation with Specific Markers of Cellular Injury, and Oxidative Damage. American College of Surgeons. Chicago. October 2006.

Milano PM, Douillet CD, Zarzaur BL, Robinson WP, **Beidler SK**, Rich PB. Purinergic Receptor Expression is Altered in Extra-intestinal Organs Following Intestinal Ischemia/Reperfusion Injury. Academic Surgical Congress (Society of University Surgeons joint meeting). San Diego. February 2005.

PRESENTED ABSTRACTS & INVITED PRESENTATIONS

Teotia SK. Longevity in the Operating Room. Association of Surgical Technologists. Fort Worth. March 2026.

Teotia SK. How to Operate Without General Anesthesia. Association of Surgical Technologists. Fort Worth. March 2023.

Teotia SK. Aging Gracefully After 40. Young Men's Service League. Dallas. January 2020.

Teotia SK. Timeless Beauty. Southern Methodist University Chi Omega Mothers Group. Dallas. January. 2020.

Teotia SK. Facial Rejuvenation Options. Chi Omega Alumnae Association. Dallas. January 2018.

Teotia SK. Head to Toe Baylor Scott & White Health Wellness Event. Dallas. March 2016.

Teotia SK. Closing Mohs (Skin Cancer) Defects. Resident Teaching Conference, Baylor University Medical Center. Dallas. February 2015.

Teotia SK. Reconstructive Surgery. Baylor Foundation. Dallas. June 2015.

Beidler SK. Breast Reconstruction. Grand Rounds, Midland Memorial Hospital. Midland. January 2013.

Beidler SK. Plastic and Reconstructive Surgery Options. Women Ladies Association, Midland Country Club. Midland. January 2013.

Beidler SK. What is Plastic Surgery? Midland Rotary Club West. Midland. December 2012.

Beidler SK, Douillet CD, Rich PB, Hultman CS, Marston WA. VEGF and VEGF Soluble Receptor Levels in Chronic Venous Insufficiency Wounds Before and after Compression Therapy. American Society of Plastic Surgery Senior Resident Conference. Tampa. January 2012.

Jack MC, Kenkare SB, Saville BR, **Beidler SK,** West AN, van Aalst JA. Strategies to Improve Resident Education in an 80-hour Work Week: Comparisons of Learning and Teaching Styles. American College of Surgeons. San Francisco. October 2008.

Kenkare SB, Kolappa KP, Jack MC, **Beidler SK,** Zajac DJ, Fox LM, van Aalst JA. Improving Speech Outcomes Following Cleft Palate Repair using Nasal Ram Pressure. Plastic Surgery Research Council. Springfield. May 2008.

Kenkare S, Kolappa K, Jack M, **Beidler SK**, Zajac DJ, Fox LM, and van Aalst JA. Early Assessment of Velopharyngeal Function Using Nasal Ram Pressure Following Cleft Palate Repair. American Cleft Palate Association. Philadelphia. April 2008.

Van Aalst JA, **Beidler SK**, Lobo EG, Bernacki SH, Reed CR, Jack MC, Andrady AL. Tissue Engineered Solutions to the Alveolar Cleft: Stem Cell Incorporation into Nanofiber Scaffolds. American Cleft Palate Association. Philadelphia. April 2008.

Jack MC, Duke MC, Kenkare SB, West AN, **Beidler SK**, van Aalst JA. Comparison of Surgical Faculty and Resident Learning and Teaching Styles in the Face of Resident Work Restrictions. Association for Surgical Education. Toronto. April 2008.

Beidler SK, Douillet CD, Berndt D, Rich PB, Marston, WA. Changes in Inflammatory Cytokine Levels after Acute Compression Therapy. American Venous Forum National Meeting. Charleston. February 2008.

Riesenman PJ, Riesenman KP, Stone TJ, **Beidler SK**, Douillet CD, and Rich PB. Nonfocused Enhanced Computed Tomography Evaluation of Acute Appendicitis Increases Length of Stay in the Emergency Department but Does Not Increase Perforation Rate. Southeastern Surgical Congress Annual Scientific Meeting. Birmingham. February 2008.

Kenkare S, Kolappa K, Jack M, **Beidler SK**, Zajac DJ, Fox LM, and van Aalst JA. Improving Speech Outcomes Following Cleft Palate Repair Using Nasal Ram Pressure. American Medical Association Medical Student Research Symposium. Honolulu. November 2007.

Kenkare S, Kolappa K, Jack M, **Beidler SK**, Zajac DJ, Fox LM, and van Aalst JA. Early Assessment of Velopharyngeal Function Using Nasal Ram Pressure Following Cleft Palate Repair. Association of Women Surgeons Conference. San Francisco. October 2007.

Riesenman PJ, **Beidler SK**, Douillet CD and Rich PB. Contemporary Outcomes of Blunt Thoracic Aortic Injury: A Ten-Year Review of the North Carolina Trauma Registry. North Carolina Chapter of the American College of Surgeons 50th Annual Meeting. Asheville. July 2007.

Beidler SK. The Pathophysiology of Chronic Venous Insufficiency Ulcers. Grand Rounds, University of North Carolina, Department of Surgery. Chapel Hill. June 2007.

Beidler SK, Douillet CD, Berndt DF, Riesenman PJ, Rich PB, Marston, WA. Multiplexed Analysis of Matrix Metalloproteinases in Chronic Venous Insufficiency Ulcer Tissue Before and After Compression Therapy. Wound Healing Society Meeting. Tampa. May 2007. Wound Repair and Regeneration (Special Issue). March-April 2007; 15(2):165-A60.

Beidler SK, Marston WA, Douillet CD, Riesenman PJ, and Rich PB. Pro-inflammatory Cytokines are Elevated in Chronic Venous Insufficiency Ulcer Tissue. Academic Surgical Congress (Society of University Surgeons joint meeting). Phoenix. February 2007. Journal of Surgical Research (Special Issue). 2007; 137: 286-287.

Beidler SK, Douillet CD, Milano PM, Riesenman PJ, Rich PB, Marston WA. American Venous Forum/ BSN-Jobst, Inc. 2006 Research Fellow Summary. American Venous Forum National Meeting. San Diego. February 2007.

Douillet CD, Navratil T, **Beidler SK**, Stitzel A., Riesenman PJ, Rich PB. Measurement of an Extensive Panel of Chemokines in Bronchoalveolar Lavage Fluid following Mechanical Ventilation. American Physiological Society. Fort Lauderdale. November 2006.

Beidler SK, Douillet CD, Milano PM, Riesenman PJ, Rich PB, Marston WA. Matrix Metalloproteinase and Tissue Inhibitor Protein Levels in Chronic Venous Insufficiency Wounds. Nathan A. Womack Society Meeting. Chapel Hill. June 2006.

Milano PM, Douillet CD, Robinson WP, **Beidler SK**, and Rich PB. ATP is Elevated in the Cerebrospinal Fluid of Patients with Traumatic Brain Injury. North Carolina Committee On Trauma Resident and Fellow Research Competition. Wilmington. July 2005.

*Last name changed from Beidler to Teotia due to marriage.