



# **Building the ideal microsurgeon: hollistic & physical preparation**

**23 April 2025**

Faculty:

- **D. Chang**
- **S. Correa**
- **G. Evans**
- **S. Hofer**
- **J.P. Hong**
- **J. Masià**
- **M. Pérez**

# PROGRAMME

**Moderators:** G. Evans, J. Masià

- 10:30 - 10:50** • **My ten rules to become a complete microsurgeon and person.** *D. Chang*
- 10:50 - 11:10** • **The mentor as a relevant influencer to grow as a microsurgeon.** *J. P Hong*
- 11:10 - 11:30** • **How physical preparation can influence the microsugeon.** *S. Hofer*
- 11:30 - 11:50** • **Feeding the microsurgeon: diet and nutrition.** *M. Pérez*
- 11:50 - 12:20** • **Emotional preparation to handle with microsurgery pressure.** *S. Correa*