



**Dr. Sofia Lyford-Pike**

Dr. Peter Hilger is proud to welcome Dr. Sofia Lyford-Pike to the distinguished Hilger Clinic. Dr. Hilger stated, "After a decade of searching for the perfect partner, the team was delighted to have Dr. Lyford-Pike join our clinic. Dr. Lyford-Pike possesses the essential and unique traits to build a successful practice of this caliber. Her artistry, empathy, and integrity compliment the outstanding surgical skills that both our clinic and clients demand."

Dr. Sofia Lyford-Pike is a highly accomplished and skilled facial plastic and reconstructive surgeon. Her undeniable focus led her to graduate at the top of her class at the world-renowned Johns Hopkins University of Medicine. After graduating and completing a residency at the top head and neck surgical training institution in the nation, Dr. Lyford-Pike relocated to further specialize in Facial Plastic and Reconstructive Surgery with Dr. Peter Hilger in Minneapolis, Minnesota.

At the Hilger Clinic, Dr. Lyford-Pike performs a full spectrum of cosmetic procedures, from minimally invasive injectables and skin treatments to extensive cosmetic surgeries of the face and neck. "Each patient and case I see is unique, and my goal is to collaborate with my patient to truly understand and advise what is best for him or her. It is my obligation to explain all options and the procedure thoroughly so that my patients will make confident, informed decisions, and know that I will support them along the way," says Dr. Lyford-Pike.

Dr. Sofia Lyford-Pike also practices medicine at the University of Minnesota, where she performs large, comprehensive reconstructive head and neck, microvascular, and free flap surgeries. She treats acute trauma patients and performs advanced procedures to restore the form and function of the head and neck. Dr. Lyford-Pike runs the Facial Paralysis Center at the University of Minnesota, focusing on treating patients to regain their smiles. In addition to performing surgeries, Dr. Lyford-Pike is an Assistant Professor in the Department of Otolaryngology-Head and Neck Surgery at the University of Minnesota.

From the onset of her career, Dr. Lyford-Pike's compassion, bedside manner, and humility made a profound impact on both her peers and mentors. While completing her residency, she won multiple awards for clinical excellency. She earned the first-ever Professionalism and Humanitarianism Award given at Johns Hopkins University School of Medicine bestowed by the Department of Otolaryngology Head and Neck Surgery. Over the years, Dr. Lyford-Pike has performed over a decade of research, both in the United States and internationally.

Dr. Sofia Lyford-Pike's level of sophistication lends both a woman's and international perspective that is welcomed at The Hilger Clinic. Born in Brazil, Dr. Lyford-Pike is fluent in Spanish and Portuguese, and has global roots in South America, Europe, and Australia. She is married and has three sons.

#### EDUCATION:

- University of Maryland, College Park, Bachelor of Science in Neurobiology and Physiology
- Johns Hopkins University School of Medicine, Medical Doctor
- Johns Hopkins University School of Medicine, Otolaryngology-Head and Neck Surgery, Residency
- Director Peter Hilger M.D., University of Minnesota, Facial Plastic and Reconstructive Surgery, Fellowship

#### PROFESSIONAL MEMBERSHIPS:

- Alpha Omega Alpha, National Medical Honor Society
- American Academy of Facial Plastics and Reconstructive Surgery
- American Academy of Otolaryngology
- American Head and Neck Society

#### EDUCATIONAL AND PROFESSIONAL ACHIEVEMENTS:

- Lead physician in establishing a new Facial Paralysis Clinic, University of Minnesota
- Henkel Chief Resident Teacher of the Year Award, Department of Otolaryngology-Head and Neck Surgery, Johns Hopkins University School of Medicine, 2013
- Resident of the Year Award, Department of Otolaryngology-Head and Neck Surgery, Greater Baltimore Medical Center, 2013
- The Frank L. Coulson Jr. Award for Clinical Excellence, Johns Hopkins University School of Medicine, 2012
- Duane Sewell MD Award for Professionalism and Humanitarianism in Medicine Department of Otolaryngology-Head and Neck Surgery, Johns Hopkins University School of Medicine, 2012
- Resident Research Forum Award, First Place, Maryland Society of Otolaryngology, 2011
- W. Barry Wood Student Research Award, Johns Hopkins University School of Medicine, 2006
- Maryland Medallion Society, Top 10 Graduating Leaders, University of Maryland College Park, 2001