Dr. Abu Sitta graduated from the University of Glasgow and went on to pursue his postgraduate studies in plastic and reconstructive surgery with cleft, craniofacial surgery, and trauma fellowships. He has a long experience with burns and combat injuries and received multiple humanistic awards such as the Humanism and Professionalism Physician Award.

His experience working in war zones and dealing with war victims, both medically and socially, has been published in multiple journals such as the Wall Street Journal and other newspapers. He also published on blast injuries and changing geographies of war. His publications include several book chapters and most recently the textbook 'Reconstructing the War Injured Patient' with Springer. He works with several NGOs and has gone on medical missions for cleft surgery. He headed the creation of the cleft and craniofacial surgery unit in addition to being a member of the wound care center at the AUBMC.