

## John A. Kotis, DO, FACOS

Cosmetic and Reconstructive Surgery Center  
Arlington Heights, Illinois  
Chicago, Illinois

### ASK DR. KOTIS

#### DESCRIBE YOUR PHILOSOPHY.

You have to focus on improvement rather than perfection, and that's one thing I strive for. I consistently take courses and read journals; I'm also part of a teaching faculty, which compels me to keep up with the latest technologies and procedures. I pride myself in my aesthetic judgment with each individual case, as no two are the same. That artistry is what makes plastic surgery unique.

#### HOW DO YOU BEST EDUCATE YOUR PATIENTS?

I do each initial patient consultation myself to make sure I clearly understand each of the patient's desires. Communication starts with listening. Then I can best tailor the appropriate treatment for the right candidates. We also offer a database of former patients who have signed up to connect with our new patients about procedures, results and more. It gives them an unbiased opinion and makes them feel more comfortable.

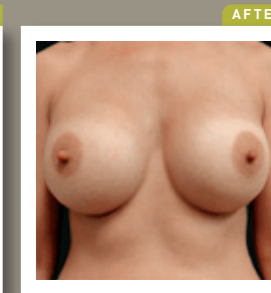
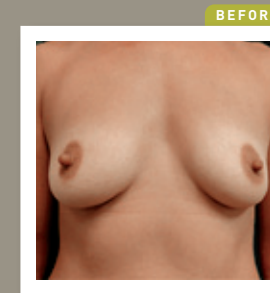
#### WHAT MAKES YOUR PRACTICE DISTINCTIVE?

We call it the concierge treatment. From the moment you walk in the door, our staff is there to make you feel at ease. We understand that patients nowadays are very busy, so we accommodate by offering an on-site JCAHO accredited surgical facility, as well as evening and weekend hours, recovery suites, car service, hotel arrangements and more.

### A variety of two-in-one options

Dr. Kotis and his staff are committed to offering the latest surgical innovations for the body to each of their patients. "We're currently performing breast augmentations using fat transfer, which removes the need for implants and provides a whole new opportunity for select patients," says Dr. Kotis. "We use liposuction techniques to remove fat from an area of the patient's body and then harvest it for replacement back into the patient's breasts. A good candidate is a woman who wants mild fullness—an increase of one cup size only. It's basically two procedures in one, and patients have been thrilled with the results." When focusing on the midsection, Dr. Kotis has developed what his practice calls the "Slim Line Abdominoplasty" to give his patients a two-in-one tummy tuck. "Not only do I tighten the muscles in the midline, but I also tighten the muscles on the horizontal side by the love handles to give more of a V-shaped look for a trimmer abdomen. It accentuates the hip area and patients love that."

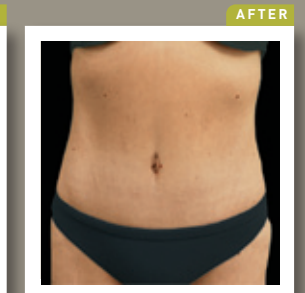
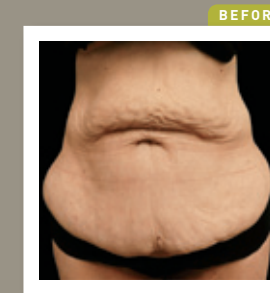
### CASE STUDY



CASE 1

#### RESTORING VOLUME

This 39-year-old patient suffered from sagging breast tissue after her pregnancy. Dr. Kotis performed a bilateral breast augmentation with breast implants to replace lost volume.



CASE 2

#### MIDSECTION TRANSFORMATION

Gastric bypass surgery left this 44-year-old patient with an excess of loose skin and fat. Dr. Kotis performed liposuction and a "Slim Line" tummy tuck for a smooth, flat abdomen.

# "I treat my patients as I would treat my own family"

A BOARD-CERTIFIED PLASTIC SURGEON AND FELLOW OF THE AMERICAN COLLEGE OF OSTEOPATHIC SURGEONS, DR. JOHN A. KOTIS IS FOCUSED ON THE EVOLUTION OF HIS CRAFT. HIS 3,000 SQUARE-FOOT PRACTICE OFFERS A VARIETY OF BOTH SURGICAL AND NONSURGICAL PROCEDURES, AND WELCOMES PATIENTS WITH THE FEELING THAT THEY'RE IN SOMEONE'S HOME. FEATURED ON *THE DOCTORS* "BEST OF CHICAGO" SEGMENT, AS WELL AS A NUMBER OF RADIO AND CABLE NETWORKS, DR. KOTIS AIMS TO GIVE YOU THE APPEARANCE YOU'VE ALWAYS DREAMED OF.

### MEET THE EXPERT

## John A. Kotis, DO, FACOS

American Osteopathic Board of Surgery  
Primary Certification in Plastic Surgery

#### SERVICES OFFERED

Abdominoplasty  
Aesthetic Injectables  
Blepharoplasty  
Body Contouring  
Body Lift  
Breast Augmentation  
Breast Lift  
Breast Reduction  
Facelift  
Fat Transfer  
Laser Resurfacing  
Liposuction  
Mid-Facelift  
Necklift  
Rhinoplasty

#### ABOUT DR. KOTIS

##### WHAT DO YOU LIKE MOST ABOUT PLASTIC SURGERY?

I like that it's constantly evolving with new techniques and procedures. It also allows me to treat a patient both physically and psychologically, and to be able to change and impact a person's life is dramatic.

##### WHAT LEADERSHIP POSITIONS ARE YOU MOST PROUD OF?


I was elected 2012-13 Chairman of the American College of Osteopathic Surgeons Section of Plastic Surgery. I'm also a Board Examiner for the American Osteopathic Board of Surgery Section of Plastic Surgery, testing doctors to become board-certified.



**MEDICAL DEGREE**  
Midwestern University

**LOCATIONS**  
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Chicago, Illinois

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 To learn more about the practice visit  
[drkotis.com](http://drkotis.com)