

## ABOUT FACE!

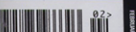
STYLE GURUS SPILL THEIR SECRETS  
A CHI-TOWN DOC HITS 90210  
FACIALS THAT ROCK—LITERALLY!

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# CHICAGO CONFIDENTIAL

BY AMALIE DRURY  
PHOTOGRAPHY BY HOWARD WISE

## THE DOCTOR'S IN THE HOUSE

*Plastic surgeon Robert Kotler is an artist with a scalpel*

They don't call him the "Nose King of Beverly Hills" for nothing. Former Chicagoan and Northwestern-trained cosmetic surgeon Robert Kotler has performed more than 4,000 rhinoplasties, including corrections of other doctors' pinched and "done"-looking mishaps. He has a well-known knack for delivering natural noses that breathe well, and, as befits his specialty, his L.A. practice is now limited to face and neck surgeries. After Kotler published his *Secrets of a Beverly Hills Cosmetic Surgeon: The Experts' Guide to Safe, Successful Surgery*, the producers of the E! network's *Dr. 90210* hired him to offset the show's younger and less-established star, Dr. Robert Rey. Kotler appeared on the first two seasons of *Dr. 90210*, and since then he's been focusing on his mission to better educate people about plastic surgery. His new book, *The Essential Cosmetic Surgery Companion*, is designed as a workbook for patients to take along with them to consultations with doctors. "Look, if money and connections were all it took to have great cosmetic surgery," says Kotler, "how do you explain the poor results we constantly see on well-known figures, like Michael Jackson? I'm passionate about teaching the public. It's gratifying to have an influence beyond my office and operating room."

**What was your favorite TV experience?** Definitely *Dr. 90210*. It was also fun being Oprah's guest in 1998, demonstrating our computerized system that allows patients to see the predicted results of their surgery. We taped in Amarillo, Texas, where Oprah was defending against that nonsense beef lawsuit. I took my then 17-year-old daughter with me; she now lives in Chicago and works at Harpo.

**What are the worst mistakes people make when it comes to plastic surgery?** They fail to do their homework. Today, cosmetic surgery continues to divide into narrower "specialties," and the best doctor for a breast augmentation is rarely the best doctor for a nose job. You don't want a "Jack of all trades," because you'll end up with mediocrity rather than stellar results.

**Why did you move away from Chicago?** It was at the request of the Surgeon General of the Army. As Major Kotler, I was called to active duty three weeks after I finished my residency training at the University of Illinois in 1973. Ultimately, I wound up in California because I had a "warm spot" in my



heart for that state's climate. But Chicago is still home; six generations of Kotlers have lived there.

**Are there any new techniques or treatments you're particularly excited about?** The standard procedures such as nasal surgery, face lifting and other "cut and sew" operations will always be the core procedures, but Botox, collagen, Perlane, Juvaderm and Sculptra are terrific additions to our coloring palette. Soon, there will be better bleach creams to erase age spots and improvements in the laser-type technology to reverse the ravages of age upon the skin, including the hard-to-treat neck, chest and hands. Science never sleeps and that's good for all of us.

**What's your best advice for people considering cosmetic procedures?** Visit websites, read books and talk to a friend who has had the same procedure. Avail yourself of computer imaging. Look at dozens of the doctor's before-and-after photos. You need to know what to expect, and the best way to find out is to see many examples of your doctor's art form.

### DR. KOTLER'S FAVORITES

**RESTAURANTS:** Gibsons, Quartino, Al's Beef on Taylor Street, The Wiener's Circle, Bella Notte  
**HANGOUTS:** John Barleycorn (I "helped open it" in 1966 while at Northwestern Med), Coq D'Or in the Drake, Billy Goat Tavern, Chris's Billiards (a classic; they filmed *The Color of Money* there)  
**SHOPPING:** I used to prefer Maxwell Street, but now my wife drags me to Michigan Avenue  
**SIGHTSEEING:** The Chicago Architectural River Cruise; the Art Institute and the Museum of Science and Industry; the Chicago History Museum; Wrigley Field ■