

Central Ohio
Plastic Surgery
Where Art and Surgery Come Together



and

*Imagine...
Medi-spa*



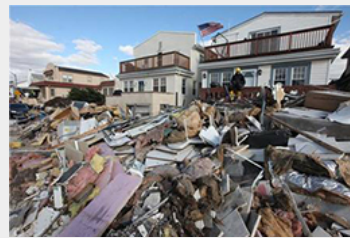
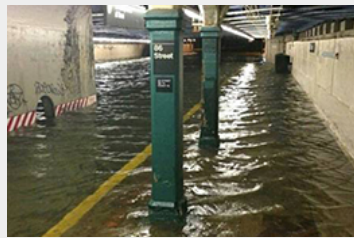
PH: 740.653.5064

December 2012



**Jason B. Lichten,
M.D., FACS**

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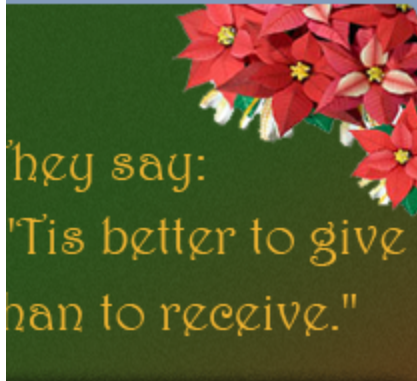
As many of you are aware, my wife, Rachel, and I were planning to run the NYC Marathon on November 4. Due to the disaster caused by Hurricane Sandy, this race was eventually called off by the race organizers. Even before that decision, we had decided that running the marathon under those circumstances would be the wrong thing to do. We withdrew from the event and did not travel to New York. The thoughts and prayers of everyone in our office go out to all those who were affected by this disaster.



Shorter Days —
Nature's Way of
Suggesting Time
for Yourself



Most people don't like the late sunrises and early sunsets during winter.



We say:
"Why choose?"

Buy a \$250
Gift Certificate for a
friend, get a \$50
certificate for yourself.

Holiday certificates
must be purchased by
December 31, 2012.



months. But you can use them to your advantage.

Yes, the days are shorter, but they're also less demanding. Cold weather makes the indoors more inviting. **Winter is cocooning time**, ideal for healing from a variety of facial fresheners.

Here are some confidence-boosters that will energize you for the holiday whirl—and beyond.

Laser Skin Resurfacing

Laser resurfacing is perfect for the winter months, because after laser resurfacing you must stay out of the sun. Sun avoidance maximizes the quality of your results and protects new skin layers.

Some lasers demand weeks of recovery, but our Fraxel re:pair fractional laser is a good fit for the holiday season. After 5 or 6 days of healing, your face will be red, but able to be covered by makeup. You will start to see your result where brown spots, wrinkles and uneven pigmentation are much clearer. You look in the mirror and see the road to a smooth and supple complexion.



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Not My Patients

Results show up right away, **and then the good stuff starts:** with collagen production stimulated, your skin's texture and tone **improve little by little every week for the next 6 months.**

It's a nice way to move into the New Year.

There's still plenty of time for a laser skin resurfacing treatment before holiday get-togethers. To get started, call to schedule a consultation.

The End of December

Teachers are lucky enough to get a few weeks' vacation between fall and winter semesters, and many offices are so slow at the end of December they'll let workers take the time off—if they plan early.

It's perfect for hiding out and re-emerging with some fresh new mojo.



This strategy makes special sense for the growing numbers of people stretching their careers into their 60s or later. Instead of worrying about how they stack up next to the young hires, they take charge of this “limbo” time to manage facial issues that have been clouding life's pleasures anyway.

- ◆ Jowls and turkey wattle: A necklift is the gold standard here.
- ◆ Droopy or “angry” eyes: We have lots of options. Eyelid surgery, fat transfers, fillers and more. Come in for a consultation to review what's available.

Before

After



My Patient

- ◆ Heavy brow: A forehead or brow lift will remove creases, lift eyebrows and widen eyes.
- ◆ Wrinkled, thickening, sagging skin: Fraxel laser remodeling will thoroughly change the appearance of your complexion.
- ◆ Thinning, scored upper lip (smeared lipstick anxiety): Fillers make fast work of vertical creases that ruin lip lines. Plus, you'll get a more sumptuous pout for out-of-the-office moments.

Before



After

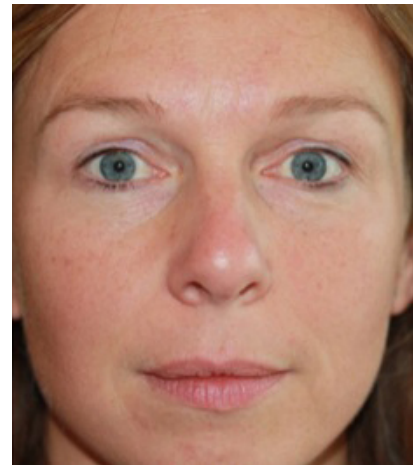


Not My Patient

Before



After



Not My Patient



Whether your job places you in the public eye or not, let facial cosmetic medicine be your secret weapon. Use it to add self-confidence to your days. Less worrying about how you look will help you be more present at work—and at play, too.

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