

Central Ohio Plastic Surgery

Happy New Year!

Our 2025 wish for you is that you find the joy, hope, and possibility of the New Year through good health and well-being.

Remember that as your long-term health and beauty partner, we're here to support *your* wellness journey *your* way.



[Click to Learn What's Better Than 'New Year, New You' >>](#)

Self Care Tips —

- ✓ Sip warm herbal tea or infused water to stay hydrated.
- ✓ Take a daily outdoor walk to boost your mood and Vitamin D levels.
- ✓ Prioritize sleep with a calming nighttime routine.
- ✓ Plan something to look forward to: book a class, a vacation, or a consultation with Dr. Lichten.

Want more tips?
[FIND THEM HERE >>](#)





There's no shame in getting a little help on your weight loss journey. Dr. Lichten has helped many weight loss surgery patients [complete their journey](#).

Now there are GLP-1 medications like Wegovy that are helping people lose weight without surgery.

Wegovy and other semaglutide medications work by enhancing the body's response to insulin. They help regulate blood sugar and decrease appetite, especially when combined with a healthy diet and regular exercise.

But what about the loose skin??

CLICK THROUGH TO FIND OUT WHAT TO DO ABOUT LOOSE SKIN AFTER WEGOVY >>



Ask Dr. Lichten: Is *This* Normal??

Question: I recently got BOTOX® Cosmetic and it did a nice job of softening the lines around my eyes. It's been 2 days since my injection, though, and I noticed that one eye is raised a little higher than the other.

Is this normal? What can I do to even things out?

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Answer: Symmetry is one of the main reasons I offer non-surgical cosmetic procedures like BOTOX and other injectables in my practice. My medical training, expertise, and experience means that I understand medical aesthetics, anatomy, and injection techniques.

As a top injector, my goal is to give my patients the natural-looking results they want. So, even if you received your injections from another provider, if you aren't happy with the results, I can help.

Book an office visit so we can talk through your concerns and your options. You may be surprised that I can make a tiny tweak that will make a big difference in how you look and feel.

Ready for natural-looking BOTOX results?

BOOK YOUR BOTOX NOW >>



WHO'S THAT?

IF YOU'VE EVER WONDERED WHO'S WHO IN OUR OFFICE, HERE'S YOUR CHANCE TO FIND OUT.

P.S. EVEN IF YOU'RE IN THE KNOW, WE POSTED SOME NEW *FUN FACTS*.

CLICK THROUGH TO FIND OUT WHO'S AUTOBIOGRAPHY WOULD BE TITLED "MORE COFFEE, PLEASE."

[MEET OUR TEAM >>](#)

Breast Augmentation or Breast Lift?

Dr. Lichten discusses how to decide which one is right for you.

Hint: Don't miss "the pencil test," starting at 1:59 in the video below.



Dr. Jason B. Lichten, MD

january SPECIALS



BUY 2 GET 1
FREE
COSMETIC INJECTABLES

BOTOX
(40+ units)
Juvederm
Skinvive
Kybella
Sculptra



SAVE \$600
ON
COOLSCULPTING

Redeem \$300
in Allé on your FIRST
CoolSculpting
treatment,
and get an
EXTRA \$300
on us!



\$100 OFF
60 MINUTE
HYDRAFACIAL

Enjoy a custom
60 minute
HydraFacial
for the price of
a 30 minute
treatment!

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