

Central Ohio
Plastic Surgery



REFINED. RADIANT. READY FOR SUMMER.

When it comes to summer skin, less is more → and expertise still matters.

We've seen a lot change in our 20 years of medical aesthetics. More options, smarter technology, longer-lasting results.

But one thing hasn't changed ...

The best results come from thoughtful care, a subtle touch, and the expertise of a [board-certified plastic surgeon](#).

This is especially true in summer when heat, humidity, and sun exposure shift how and when to treat areas of concern.

Here's what we're loving (and what Dr. Lichten's recommending) this summer season:

☀ Your Summer Skin Playbook

- **Micro-tweak instead of overhaul.** Subtle [BOTOX®](#) or filler touch-ups can soften expression lines or restore volume with little to no downtime to spoil your fun time, sun time, or pool time.
- **Keep your skin barrier healthy.** Focus on the basics: gentle cleanser, hydration, and barrier-repairing ingredients before, during, and after any [MediSpa treatment](#).
- **Protect your investment.** If you're doing injectables or using any of our medical-grade skincare products, take care of your results with SPF, hydration, and an antioxidant like [SkinBetter Alto Defense Serum](#).

Expert tip: Schedule [laser resurfacing](#) or more intense treatments and [surgical procedures](#) when your sun exposure is lower. We'll help you plan now for fall.

[Schedule a Consultation >](#)

Summer Savings



COLORESCIENCE

Apply + Reapply SPF Duo

\$99

Available in 3 FLEXible, skin-perfecting shades!
(regularly \$127)

Save an **extra 10%** on all
TRIPOLLAR RADIOFREQUENCY
skin tightening packages
(additional savings of up to \$180)

Valid thru 7/31/25. Tripollar packages must be paid in full to receive discount. May not be combined with any other discounts or offers, including COPS VIP



▫ **HydraFacial: Summer's Clean Sweep**

Sweat, sunscreen, and clogged pores? [HydraFacial](#) gives skin a fresh start with no peeling or irritation.

Why we love it: It cleanses, exfoliates, and hydrates in one session. Great before events or just because.

▫ **Microneedling: Collagen, Not Compromise**

[Microneedling](#) stimulates natural collagen, refines pores, and smooths texture, all with minimal sun sensitivity.

Why it's great for summer: Gentle, effective, and supports long-term skin health.

▫ **Light Chemical Peels: Fresh Skin Fast**

Gentle formulations like lactic or mandelic acid resurface skin without heavy peeling. Safe for use with protective seasonal sun exposure.

Best for: Dullness, breakouts, and uneven skintone. We'll help you choose the right one.

Not sure where to start? Let's build a summer-safe treatment plan that fits your goals (and your busy summer schedule).

[Talk with Krista >](#)

Finding the Right Surgeon: A Real Patient's Story

A patient came to see Dr. Lichten after a double mastectomy and radiation. She was looking for surgical reconstruction and found something else instead: healing.



“Dr. Lichten did a remarkable job in finishing my breast cancer reconstruction. He built nipples out of nothing and reshaped them to look completely natural. A feat I thought impossible ... I only regret not finding him first!”

We're so thankful for our loyal patients, and when we receive testimonials like this we're reminded that surgical care isn't just about the medical side of things.

It's also personal and life-changing. ♥

Checklist: 7 Must-Haves in a Board-Certified Plastic Surgeon

Getting to know your surgeon is an important first step for any medical procedure, so make sure you do your homework. (Yes, homework even in summer.)

Here's a checklist to help you take care when it comes to choosing your surgeon.

[Download the Free Checklist](#)

Still Glowing After 20 Years

We're still celebrating 20 years of beauty, confidence, and care. Thank you for trusting us with your face, your skin, your stories. Whether you've been with us for 20 years or 20 minutes, we're so glad you're here.

P.S. We've got plenty more glow to give so let's plan your next health and beauty treatment.

Call 740-653-5064 >

Follow us for the latest surgical health and beauty news, tips, and guides.



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