

Central Ohio Plastic Surgery



However you celebrate—Christmas, Hanukkah, or a peaceful winter break—we hope this time brings light, comfort, and joy. We're truly grateful to have you in our Central Ohio Plastic Surgery family.

Winter Skincare Spotlight: What's Trending (and Worth Your Time)

Winter is "barrier care" season so our patients are asking for simpler routines, deeper hydration, and products that keep post-procedure skin calm, bright, and protected.

Here's what we're recommending, and why it's showing up everywhere from [our MediSpa](#) to influencer channels to beauty editors' lists:

1. Barrier Repair Is the New Must-Have

Cold air and indoor heat can weaken the skin barrier, leading to redness, irritation, and dullness. A barrier-supporting moisturizer is especially

important if you've had a peel, laser, or injectable treatment.

Our pick: [skinbetter Science Alto Advanced Defense and Repair Serum](#)

Improves skin brightness, repairs redness, tone, and texture.

2. Rich, Clinical-Grade Moisturizers Are Back

Lightweight summer formulas don't cut it in winter. Most of us will want to move toward richer textures that soothe and replenish without feeling heavy.

Our pick: [Circadia AquaPorin™ Hydrating Cream](#)

Boosts intracellular hydration and calms skin irritation caused by cold air and indoor heat.

3. Yes, You Still Need SPF

UV exposure doesn't disappear in winter—especially with reflective snow, cloudy days, and post-procedure photosensitivity.

Our pick: [Sunforgettable® Total Protection® Brush-On Shield SPF 50](#)

Lightweight, no residue, and perfect for sensitive, post-procedure skin.

4. Keep It Simple

Skincare routines are getting shorter, not longer. A gentle cleanser, barrier-friendly moisturizer, and daily SPF is often all your skin needs between treatments.

Not sure which products are right for your skin? Our aesthetician can help you build a winter routine that supports both comfort and results.

Book Your Winter Skincare Consult



There's Still Time to Chill + Win

Show off your glow. Join the COPS Ice Pack for your chance to win 50 units of BOTOX® Cosmetic.

Here's how to play (through Dec. 5, 2025):

- □ Post a selfie with your COPS ice pack and tag us [@centralohioplasticsurgery](#) on Insta

Story = 1 entry Feed post = 2 entries

- □ Tag your friends to earn 1 extra entry each

- □ Add extra ice packs and get 1 more entry per pack
- □ Leave a new Google review mentioning BOTOX® or Juvéderm and get 1 additional entry

We're picking two winners:

1. Most Ice Packs in One Photo
2. Random drawing

Winners announced live on Dr. Lichten's birthday □
December 5, 2025

Get All the Details Here
→

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INCLUDING COPS VIP. VIP QUALIFICATION SPECIFICALLY EXCLUDES ANY SERVICES BILLED TO INSURANCE.



How to Make 2026 Your Year

If a [mini facelift](#), [tummy tuck](#), or [breast surgery](#) is on your mind for next year, early planning = less stress.

- Winter consults fill fast
- Recovery takes time
- ✦ Spring + summer results start now

Start Planning Your Makeover



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Central Ohio Plastic Surgery | 2656 N. Columbus St, Suite A | Lancaster, OH 43130 US

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