

Central Ohio
Plastic Surgery



For work? *Snooze.*
For the Allē gift card drop?
7 alarms + a backup plan.

May 6 at noon. Don't sleep on it.

The Gift That Always Fits and Is Always a Hit

Flowers are lovely. Brunch is nice. But a little credit toward your next beauty treatment? That's the kind of Mother's Day gift that lets her really feel the love.

This May 6th, Allē is offering a one-day Mother's Day Gift Card Event that gives patients **\$50 off a \$150 Allē gift card**. That means you pay \$100 and get \$150 to use toward eligible Allergan Aesthetics treatments and products.

Think [BOTOX Cosmetic](#). Think [Juvéderm](#). Think a little something for yourself, mom, or that special someone who deserves to feel refreshed.

The best part? Allē gift cards never expire and may be combined with Allē points, other gift cards, promos and flash offers.

SAVE THE DATE
Wednesday, May 6 at 9 am PT/12 pm ET

Save \$50 on a \$150 Allē gift card for Mother's Day

The image displays six Allē gift cards arranged in two rows of three. Each card is \$150 and features a different message. The top row includes a brown card with 'Superhero Mom', a black card with 'Because she deserves the best.', and a white card with 'For the one y something tl'. The bottom row includes a black card with 't Mom.', a white card with 'Exactly what she wanted.', and a brown card with 'For the ones who do so much.'.

alle.com/mothersday

Limited time offer. While supplies last. Terms and conditions apply.

How to Get Your \$150 Gift Card for \$100

1. Download the Allē app.
2. Create a free Allē account or log in.
3. Set an alarm for **Wednesday, May 6 at noon**.

Procedure Spotlight: What a Tummy Tuck Can and Can't Do



A tummy tuck is one of those procedures people think is pretty straightforward, but there's more to it than just getting rid of a little extra "fluff."

For many patients, the real concern is loose abdominal skin, stretched abdominal muscles, post-pregnancy or post-weight loss changes that diet and exercise can't fix, or a midsection that no longer responds the way it used.

5 Things to Know About Abdominoplasty

A tummy tuck, also called abdominoplasty, is designed to remove excess abdominal skin and tighten the abdominal area, giving you a smoother, flatter, firmer contour. Depending on the patient, it may also include repair of separated abdominal muscles.

What a tummy tuck is not: a weight-loss procedure.

This distinction really matters. That's because the best candidates for tummy tuck are typically at or near a stable weight, and are looking to take care of loose skin, laxity, or contour changes that diet and exercise can't improve.

If you've been thinking about a tummy tuck, the first step is to book a consultation so Dr. Lichten can evaluate your anatomy, talk through your goals, and help you understand whether a tummy tuck, [liposuction](#) or another option is right for you.

See Actual Patient Before & Afters: Tummy Tuck

May Is for Maintenance

Book Your "What's Working, What's Next" Visit

If it's been a little while since your last treatment, May is a good time to check in.

Not sure if your [BOTOX is wearing off](#)? Wondering if your [skin needs a reset](#)? [Thinking about filler](#) but not sure where to start? Have a summer event coming up?

That's exactly what a maintenance visit is for.

Together, you and Dr. Lichten will look at what's still working, what may need reactivated, and what makes sense next based on your face, your

goals and your summer plans.

You'll leave our office with a simple plan for what to do now, what can wait, and what may give you the most natural-looking result.

Sometimes the right answer is **treatment**.

Sometimes it's **skincare**.

Sometimes it's giving your current procedure **more time**.

Schedule your maintenance visit by calling us at 740-653-5064.



[Book a Maintenance Visit](#)

HAPPY Mother's Day

CELEBRATE HER. SHE DESERVES IT.

*Treat Mom (or yourself!) to
something beautiful.*



20 UNITS OF
BOTOX®
+
30 MINUTE
HYDRAFACIAL®



\$299



colorescience®
SPF DUO

\$99

PROTECT. PREVENT.
LOVE THE SKIN YOU'RE IN.

25% OFF | **ANTIOXIDANT
SKINCARE**

NOURISH. DEFEND. GLOW.

Healthy skin for every season of life.



You take care of everyone else.
TODAY, LET US TAKE CARE OF YOU.

BECAUSE
MOM DESERVES
THE BEST.



Savings valid thru 5-31-26. May not be combined with any other offer with the exception of Allie rebates and rewards. Botox package must be purchased by 5-31/26 and completed by 7-21-26. Please see staff for complete list of product savings.

Friendly Reminder!

Your skin is worth protecting.

May Is Melanoma Awareness Month

As we head into brighter days, don't forget your skin.

- Wear SPF every day.
- Re-apply SPF whenever you're in the sun.
- **Keep an eye on any spots**, especially those that are new, changing, bleeding, or not healing.

When it comes to your skin, small changes matter.
When in doubt, check it out.

Q&A with Dr. Lichten: The Less Is More Edition



Q: What does “less product, better placement” mean?

A: It means using injectables with more precision. A small amount in the right place can often create a softer, more natural result.

Q: How do you decide where to treat?

A: I look at the patient's whole face, including proportion, movement, and structure in consideration with the patient's goals. My approach is to fit the person with the right treatment, not follow the trends.

Q: Can subtle treatment make enough of a difference?

A: Absolutely. Good results don't have to be obvious. Usually, the best outcome is when someone says "I look and feel like myself again."

Q: I can I be sure my doctor understands the look I want?

A: Be honest about it. If you want to look natural, say so. If you're concerned about looking overdone, say that too. You can say things like: "I want to look refreshed, not different," or "I want people to notice I look good, but not know what I had done." An open, honest conversation like this gives your doctor a clear direction so they can give you a more thoughtful plan aligned to your goals.

[Got a question? Ask Dr. Lichten.](#)



HAPPY
MOTHER'S DAY

TO ALL WHO MOTHER, NURTURE,
LOVE, AND CARE.



Questions? Concerns? Appointment?
Call Central Ohio Plastic Surgery at 740-653-5064



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