



August 2013



Jason B. Lichten,
M.D., FACS



SUMMER SKIN FATIGUE

Undo the Damage Now for a Healthy Complexion

Summer's almost over. **It's time to take stock of your complexion.** Did you inadvertently rack up sun damage? Are you seeing more of these than you did in the springtime?

- ◆ Brown age spots
- ◆ Blotchiness
- ◆ Broken blood vessels
- ◆ Freckles
- ◆ Wrinkles
- ◆ Dryness



Aestheticians and others who understand skin chemistry are starting *now* to undo ultraviolet radiation's damage. They know that premature aging of the skin is a cumulative process. They nip it in the bud, making sure they greet the fall season with fresh, healthy skin.

At Central Ohio Plastic Surgery, we have the gold standard in skin restoration, the Fraxel® re:pair laser. It will:

- ◆ Erase unwanted brown spots
- ◆ Improve skin texture, tone and pore size
- ◆ Rebuild collagen in deeper layers of the dermis
- ◆ Smooth wrinkles around the eyes and acne scars
- ◆ Rejuvenate your neck, chest and hands
- ◆ Tighten skin anywhere on your body...

...all with minimal downtime.

Rejuvenate Your Skin In Time for Fall—



\$50 off any Botox® (minimum 20 units) or Juvéderm® treatment

\$10 off any SkinMedica® or ZO® product

Quick Links

[Home](#)

[Meet Dr. Lichten](#)

[Cosmetic Surgery](#)

[Breast Augmentation](#)
[Breast Lift](#)
[Breast Reduction](#)
[Male Breast Reduction](#)
[Liposuction](#)
[Abdominoplasty](#)
[Mommy Makeover](#)
[Facelift, Neck Lift and](#)
[Brow lift](#)
[Eyelid Surgery](#)
[Rhinoplasty](#)

[Medical Spa Services](#)

[BOTOX® Cosmetic](#)
[Injectable Fillers](#)
[Laser Therapies](#)
[Resurfacing Options](#)
[Skincare Products](#)
[Fraxel re:pair®](#)

Photo Gallery

Before

After



Manufacturer photos

How Does It Work?

Think of your skin as a family portrait or digital photograph in need of high-quality restoration or touch-up. Just as a damaged painting is delicately restored one small area at a time, Fractional Laser Treatments improve your skin a fraction at a time with thousands of tiny microscopic laser pulses.



These precise light pulses measure just one-tenth the diameter of a hair follicle.

- ◆ Each column of light penetrates to the precise height and width necessary to remodel the skin while sparing stem cells and melanocytes in the surrounding area.
- ◆ Because the skin has been stimulated so delicately, it heals faster than if the entire area had been treated.

The pulses not only remove surface blemishes, they stimulate your body to produce more collagen. Collagen, as you surely know, is what plumps up the skin from below, giving the epidermis a youthful softness.

Body Contouring

[Arm Lift](#)
[Body Lift \(Belt Lift\)](#)
[Liposuction](#)
[Mommy Makeover](#)
[Thigh Lift](#)
[Tummy Tuck](#)

Breast Surgery

[Breast Augmentation](#)
[Breast Augmentation](#)
[Revision](#)
[Breast Lift](#)
[Breast Reduction](#)

Facial Surgery

[Eyelid Surgery \(Blepharoplasty\)](#)
[Face Lift & Neck Lift](#)
[Otoplasty \(Ear Shaping\)](#)
[Rhinoplasty \(Nose Job or Nose Reshaping\)](#)

Minimally Invasive

[Fraxel re:pair[®] Facial Resurfacing](#)
[Injectable Fillers](#)
[Tattoo Removal](#)

Before



After



Manufacturer photos

FAQS

What are the treatments like?

First we cleanse your skin. Then we apply a very strong topical anesthetic to the areas to be treated. After the anesthetic has been working for an hour we apply the laser handpiece directly to your clean skin, targeting problem areas.

Is it painful?

Most patients describe the treatment as having a "stinging" sensation. Some patients who are concerned about the pain, opt to have the procedure done in the operating room with general anesthesia. The OR is also a good option for those patients combining Fraxel with a facelift or some other surgical procedure so it can all be done at the same time.

When will I see results?

- ◆ You will have five to seven days of down time, but your results will continue for the next two to three months.
- ◆ You'll see gradual improvement every day.

How many treatments?

- ◆ One. We design a single treatment to fully address the complexion problems you are currently having.

How much actual down time?

This depends on how aggressive your treatment is.

- ◆ At the minimum, five days before you can go back to work wearing makeup.
- ◆ Nine to 10 days, if we've treated deep wrinkles.

What should I expect after the treatments?

- ◆ During the first 24 hours, your skin will feel sunburned. You will wash your face several times a day with a customized solution that I will provide you. After three to four days, you can apply make-up to reduce the sunburned appearance.
- ◆ For facial skin, you'll naturally bronze over the next five days. Redness may last a few weeks

- ◆ Once the bronzing is over you will see a significant improvement in appearance.

What precautions should I take after treatment?

- ◆ Apply sunscreen of SPF 30 or higher every two hours that you are outside.
- ◆ Avoid direct sun exposure for at least three months after treatment.
- ◆ Wear wide-brimmed hats when out in the sun.

Fractional skin restoration can be used on any complexion. Our equipment is so precise, we can customize the intensity and coverage of the beams to exactly fit your complexion and optimize your results.

Rejuvenate Your Skin In Time for Fall—

\$50 off any Botox®
(minimum 20 units) or
Juvéderm® treatment

\$10 off any SkinMedica®
or ZO® product



Topicals Proven To Reduce Sun Damage

For those who don't want the intensity of Fraxel treatments, we keep a number of products on hand for home use reversing sun damage.

As we've told you before, we have researched dozens of different skin care products and we believe that the ones in our office are backed by the best science available.



1. **SkinMedica®** – No Prescription Needed

This is one of our favorite brands. The ingredients are pure and we can vouch for the integrity of the formulation process and the science behind it.

Almost all of the “age defense” products in the SkinMedica line are

appropriate for healing dehydrated, discolored, photo-aged skin.

2. In addition, their scientists have developed a brand new product called **Lytera®** that is specifically targeted at:
 - Age spots.
 - Freckles caused by the sun.
 - Photo-aging.
3. **ZO®** – Prescription Needed (Dr. Lichten can authorize a prescription after examining your skin.) ZO is a line of pharmaceutical-grade products developed by Zain Obagi. The ZO line offers a variety of home peels and topicals designed to remove brown spots, improve texture and hydrate skin.

For sun damage, our favorites are **Retamax™**, **Brightenex™** and **Melamin™**. **Retamax** is a retinol blended with antioxidants and proteins. It helps to reverse the signs of aging and prevent future damage by triggering the body to produce collagen and hyaluronic acid.

Brightenex Skin Brightener is a non-hydroquinone product. Natalie, my aesthetician and I, often recommend Brightenex as a first step to even out skin tone and color. It has been bioengineered to target all three stages of skin discoloration through a patented delivery system.

Melamin contains a prescription strength hydroquinone and can therefore only be gotten from a doctor. The formula is designed to change skin at the cellular level and reduce the body's production of melanin to create more even skin color.

Hydroquinone is incredibly effective at evening out skin tone, but I do not recommend it for long term use. In the short term, research has shown it to be safe and effective, but I strongly recommend that it be carefully monitored by a doctor.



Natalie and I have both been extensively trained in the science and application of both brands. Different formulations are best for different skin types, so let us guide you to the right products.

Call us today to schedule a consultation, so we can create the right personalized treatment regimen to get you the best results possible.

Feel free to [share this article](#) with your family and friends.

Lancaster Office 135 North Ewing Street, Suite, Lancaster, Ohio 43130 Phone: 740.653.5064

Columbus Office 5969 E. Broad Street, Suite 300A, Columbus, Ohio 43213 Phone: 614.862.8008

[Forward email](#)



Try it FREE today.

This email was sent to rachel@ohioplasic.com by joyce@ohioplasic.com | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Central Ohio Plastic Surgery | 135 N Ewing St | Suite 202 | Lancaster | OH | 43130