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How to get the shape you want ... even after significant weight loss

Body contouring for excess or loose skin

Losing weight is hard work.

Regardless of how much (or how little) you have to lose, it takes dedication, focus and real effort. It takes making permanent, healthy lifestyle changes.

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If you've lost a tremendous amount of weight---with or without---bariatric surgery, congratulations. You're a weight loss rockstar!

[Dr. Lichten](#) works with many patients who are incredibly proud of what they've accomplished (and they should be).

Most enjoy shopping for new clothes.
Some take up Dr. Lichten's favorite exercise, running.
Others find they have more energy to keep up with the kids.

Still others try new things like horseback riding or ziplining.

The majority, however, struggle with something they think they can't do anything about ... excess and/or loose skin.

After all the effort it took to lose 50, 80, 100, 150, 200 or more pounds, many people look in the mirror and see things they really don't like, including the after effects of massive weight loss:

- Hanging abdominal skin
- Deflated breasts
- Loose arms
- Skin laxity in thighs and buttocks
- Accelerated facial aging

Fortunately, there is something you can do about it---and it can be more affordable than you might think.

Dr. Lichten offers [Body Contouring After Massive Weight Loss](#) and other skin-tightening procedures including:

- Belt Lipectomy/Lower Body Lift
- Breast/Chest Lift or Reduction with Thigh or Arm Lift
- Breast Augmentation with Thigh or Arm Lift
- Facelift
- TriPollar

Dr. Lichten says ... "According to the American Society of Plastic Surgeons, more than 41,000 procedures, including 16,602 tummy tucks and 10,914 breast lifts were performed just last year. Many of my post-op patients [tell me](#) their results are 'better than they imagined.'

I've also heard many, many stories of patients who say their weight loss surgery journey just didn't feel 'right' or 'complete' until after they had plastic surgery. In fact, some patients give themselves an incentive to reach goal weight by prescheduling their plastic surgery a year in advance.

Here are my recommendations for patients considering body contouring or other plastic surgery procedures after losing a significant amount of excess weight:

- *Reach your ideal weight or be within 10-20 pounds of goal.*
- *Achieve a healthy BMI.*
- *Maintain your weight for at least 3 months (typically 12-18 months post-bariatric surgery).*
- *[Schedule a consult](#) to discuss your options.*
- *Expect that you may, for your safety, require multiple surgeries."*



Book an Appointment



Celebrate Spring with Extra-Special Savings

Come Celebrate Spring with us!

Join Dr. Lichten, our aesthetician Natalie, and rest of the Central Ohio Plastic Surgery staff at our Lancaster location, Friday, May 2 from 10 a.m. to 4 p.m. Our "Welcome to Spring" special event will feature TriPollar Skin Tightening demonstrations, plus exclusive pricing on Botox and Juvederm injectables, and ZO, Environ and SkinMedica skincare products. Get two areas of Botox, receive a free TriPollar treatment.

Call 740-653-5064 to RSVP/schedule now.

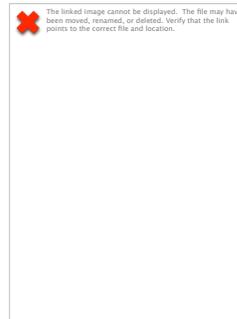
Komen Columbus Features Dr. Lichten Q&A

Is reconstruction after breast cancer right for you?

Earlier this month, the official blog of Komen Columbus featured Dr. Lichten in an important Q&A about reconstructive surgery after breast cancer.

Dr. Lichten responded to a range of blog readers' questions including:

- "Is it ever too late to reconsider reconstruction?"
- "Are fat injections an option to help with reconstruction results?"
- "What kinds of questions should I ask to ensure successful reconstruction?"



As a board-certified plastic surgeon specializing in breast reconstruction and augmentation, Dr. Lichten shared his expert opinion along with some helpful hints for survivors.

[Read the full article.](#)

Runners' Corner: Monthly Skin Care Tips

#1 thing every runner must do

Dr. Lichten, avid runner, multi-marathoner and pacer, recommends making this part of your pre-run ritual:

Sunscreen, sunscreen, sunscreen.

Choose a water-resistant, broad spectrum sunscreen approved by The Skin Cancer Foundation. Even non-runners can benefit from regular, daily use of sunscreen. Studies show it drastically reduces the chance of developing the deadliest form of skin cancer, melanoma.

Have a question you'd like to see answered here? [Ask Dr. Lichten on Facebook](#).



Got questions? Dr. Lichten has answers.

It's natural to have questions---lots of them---when considering plastic surgery or cosmetic procedures. From gluteal implants, to laser hair removal, to brachioplasty surgery for "bat wings," Dr. Lichten explains all in a way that makes sense. [Read Dr. Lichten's blog](#).

Tell us what you think

Thanks to everyone who provided such great feedback (and compliments) on the new look of our e-newsletter. Because Dr. Lichten is passionate about educating patients about plastic surgery, cosmetic procedures, and health and wellness, we want to hear more from you.

[Tell us what topics you want to read about.](#)

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