



[See Before-and-After Photos](#)

## Summer Bodies Are Made Now

(Here's how to achieve yours)



How has your body changed?

Age. Babies. Significant weight changes. Whatever milestones you've been through, chances are, your body is somehow different--perhaps much different than you'd like.

But with a few changes this spring, you can have the body you want by summertime.

Dr. Lichten always recommends starting, of course, with a healthy lifestyle, including proper diet and plenty of exercise. (Running, anyone?)

Next, consider how plastic surgery can help. As the first and only full-time, board-certified plastic surgeon in Fairfield County, Dr. Lichten can lift sagging breasts, remove excess fat and skin around your middle, or create a more contoured silhouette.

### What Plastic Surgery Can Do

"You're already special," says Dr. Lichten. "Plastic surgery just helps you look and feel that way. My approach to plastic surgery is very personal. We'll talk at length about your goals and concerns, as well as what happens before, during and after surgery. Most importantly, I'll explain how plastic surgery can be used to sculpt and improve your shape the way that only surgery can."

### Recovery & Downtime

Because recovery time from plastic surgery takes an average of 4 to 6 weeks, now is the perfect time to schedule a [breast](#) or [body](#) procedure. Depending on your needs, Dr. Lichten may be able to combine surgical procedures. He may also recommend an accompanying non-surgical procedure, such as TriPollar™ Apollo to reduce cellulite and tighten your abdomen, buttocks or thighs.

"When it comes to plastic surgery, I counsel my patients on what I call the 3-3-6 rule," explains Dr. Lichten. "That's 3 days of pain, 3 weeks of downtime, and 6 weeks until full recovery."

### Create A New Shape ... Or Enhance Your Own

To see what Dr. Lichten recommends for reshaping your body, schedule a confidential consultation today: 740-655-5064.

## Secrets of an Aesthetician

C'mon. You know you do it. (We do, too!) You meet an aesthetician and the first thing you do is look at her skin. You *really* look it.

And then you wonder what they do differently than the rest of us. You want to know "how do they get such great skin?!"

Here, we ask our own aesthetician, Natalie Milliser, to tell all. Like a lot of skin care experts, Natalie has a lifelong love affair with skin care products and makeup.

Because she realized early on that the best makeup starts with the best skin, Natalie became a licensed aesthetician and joined Central Ohio Plastic Surgery in 2008.



**Q. What's your morning skin care routine?**

**A.** I love our [ZO Medical skin care products](#). So, in the morning I use ZO NORMACLEANSE™ followed by BALATONE™ calming toner, BRIGHTENEX™ for skin correction and Oclipse® Sunscreen + Primer. I'm a big fan of SkinMedica® TNS Illuminating Eye Cream for puffiness, too.

**Q. What's the craziest thing you ever tried on your own skin?**

**A.** Before I became an aesthetician, I tried it all! Cucumbers, homemade oatmeal facial masks, witch hazel toner (awful, just awful) and, believe it or not, Preparation H under my eyes. Now I know better.

**Q: What's the most common skin issue you see in Dr. Lichten's patients?**

**A.** Adult acne. Which is why I love helping women completely change their skin with just a few of our ZO Medical products.

**Q. If you personally could only have one Imagine ... MediSpa treatment, what would it be?**

**A.** Hands-down, it would be Dermaplane because it's such a simple and effective exfoliator.

**Q. Which products do you recommend most often?**

**A.** In addition to our ZO line, Dr. Lichten and I both recommend E nviron Dermalac and Vitamin A, C and E Body Oil. It works great on patients who've had body contouring surgery, as well as anyone with freckles or discoloration on arms, legs or décolletage.

**Q. Pretend you're stranded on a desert island. What's the one product you must have?**

**A.** Sunscreen!

[Book an Appointment](#)

## A Big Change ... for the Better

We're always looking for ways to better serve you.

That's why we're excited to announce something new: **text and email appointment reminders**.

With help from our newest technology partner, Solution Reach, you get to choose how (and how often) you receive your appointment reminders.

And soon, we'll be integrating this monthly email newsletter, too, so we can share helpful information with you when and how you need it.

### Facebook Friends

### 10th ANNIVERSARY SPECIALS

throughout 2015



Our Facebook-only specials continue on the 10th of every month

[Like us on Facebook](#)

## Runners' Corner: Spring Cleaning

The time change. The first forsythia blooming.

And, yep, Central Ohio's wonky weather. (Um, 50-degree temperature swings, anyone?!)

It all points to the early signs of spring. That means it's time to ...

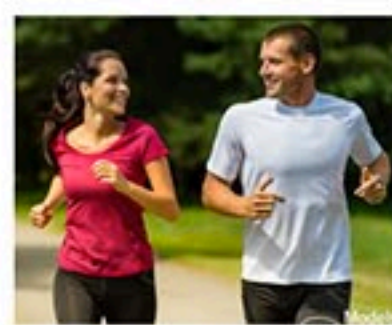
### Spring-clean your running gear and your skin.

#### Gear

- Sort through clothes, jackets and accessories.
- Toss anything that doesn't fit, is unwanted or just plain worn out.
- Freshen all your gear (including shoes) with a good hand- or machine-washing with an odor-reducing, sports-specific laundry soap.
- Organize your gear, matching up socks, mittens, etc.
- Replace worn, sagging or slip-off-your-rear gear, especially tights and older sports bras that no longer give proper support.

#### Skin

- Avoid harsh soaps and laundry detergents.
- Apply a post-shower moisturizers (petroleum jelly, if you're really dry).
- [Book 'The Runner's Special' with Natalie](#). This steam facial, hydrating treatment and Dermaplane will slough off itchy, dry flakes and reveal glowing, spring skin.



### Read what Rachel has to say about "The Runner's Special"

"Between the sunburn I got on a recent getaway and the windburn I had from running and my always-dry winter skin, *my skin was an absolute mess*.

It was just flaking off my face. It looked awful. Even makeup couldn't cover it. Then Natalie gave me the "Runner's Special" and *it totally changed my skin*. My face looks and feels incredible!"

## 10th Anniversary Fun Fact #3

We're continuing our 10th-anniversary celebration with specials, appreciation and, of course, fun facts. But first, we must say 'thank you' again for your support. We were, are and continue to be grateful for all our patients.

### "I wish I could get rid of my \_\_\_\_\_, without surgery!"

After hearing patients complain about everything from 'turkey necks' to 'cottage cheese thighs,' Dr. Lichten finally found a cutting-edge, non-invasive, FDA-approved technology that works.

So in 2013, Central Ohio Plastic Surgery became the first in Ohio to offer [TriPollar® Apollo™](#), non-surgical contouring, fat-reduction treatment that tightens skin and reverses the signs of aging.



## Dr. Lichten Chosen "Top Plastic Surgeon"

Dr. Lichten was honored to be selected "Top Plastic Surgeon of the Month" for February by Doctors' Choice Awards.

Winners are selected based on actual reviews and rankings from colleagues, friends, teachers and referring doctors within the past year.

[Read what the doctors had to say](#) about Dr. Lichten.



## Become a VIP and Save

Are you earning rewards? If not, you should be. [Join our VIP program](#) and get lots of extras, including:

- Exclusive offers and no-waiting event specials
- 20% off Botox, Juvederm and other injectables
- 20% off TriPollar Apollo packages
- 15% off medical-grade skin care
- ...and more

Call us to learn more 740-653-5064.

Don't miss us (or our fun, surprising and helpful posts) on social media

[Like us on Facebook](#)

[Follow us on twitter](#)

