

Central Ohio  
**Plastic Surgery**  
Where Art and Surgery Come Together  
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[Learn more about "mommy makeovers."](#)

## Hey Mom! Get your body, breasts or tummy back!

### *Plan now for your body makeover*

#### **Back to school? Back to YOU!**

Moms are famous for caring about everyone and everything---except themselves. But the best moms know that a little self-care goes a long way toward being able to give to others.

So now that the kids are ready for the new school year, it's time for you to get ready for the new you. Make this month "Me Time" month.

Schedule a consultation to talk with Dr. Lichten about how plastic surgery can help a won't-go-away tummy pooch, not-where-they-used-to-be breasts, or can't-lose-the-jiggle thighs.

A [mommy makeover](#), or any plastic surgery procedure, can really make a difference in how you look and how you feel.

With summer coming to an end, now is the perfect time to make plans for your surgical makeover and pre-holiday recovery time.

Curious about how plastic surgery can change your body?  
[Try our online surgery simulator](#) to see how you could look.

*Dr. Lichten says ...*

- **Make an informed decision**

*. Many of my patients are so happy with their results they say they wish they'd*

*talked to me sooner. There are a lot of misconceptions about plastic surgery, including that it's cost prohibitive. I'm here to answer all your questions. Let's talk about your goals, your budget and my recommendations. Only then can you make a truly informed decision about when surgery is right for you.*

- **Schedule your procedure now.** *We understand that you have family and work obligations. That's why we recommend our patients planning their surgery and recovery time around their schedule. You can book your surgery this month but wait to have it in October, or whenever it works for you.*
- **Enhance your recovery.** *I like my patients to be at or close to their ideal weight before undergoing a tummy tuck or other mommy makeover procedure. Once you've scheduled your surgery, you can spend those days or weeks leading up to surgery dropping those last few pounds and boosting your cardio or strength-training program. Being in your best shape before surgery will help speed post-surgery recovery.*

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## *The 'give mom a break' back-to-school special*

**What's your best back-to-school tip? Share it for your chance to win!**

Share one of your favorite back-to-school tips on [our Facebook page](#) for your chance to win a [custom facial experience](#) at *Imagine ... MediSpa*, located at our Lancaster office.

Here are some of our favorites:

**Natalie says ...** "Have the kids pack their book bags and keep them by the door with their shoes so nobody has to go searching for them in the rush of the morning."

**Jill says ...** "Create a back-to-school tradition. In our house, it was always homemade chocolate chip cookies and milk at the end of the first day."

**Rachel says ...** "We have a homework-first rule at our house. That means no electronics until homework is done."

**Andrea says ...** "I always make a big breakfast on the first day of school, to make the day seem extra special."

**Dr. Lichten says ...** "We take pictures in the same spot every year on the first day so we can see how much the kids have grown each year."

## *Runners' Corner: Water, Water & More Water*

**A must-have for post-run recovery.  
Essential for beautiful skin.**

**Need we say more?**



Photo: D.H. Parks on  
Flickr

### *Reverse the effects of sun damage*

Revitalize dry, tanned, flaky, end-of-summer skin. While nobody can completely undo deep tissue damage caused by years of too much sun, there are some things you can do to reverse the aesthetic effects of everyday sun damage.

#### **Use sunscreen**

Dr. Lichten recommends applying sunscreen 24/7/365. Even if you've never used it, regular, year-round use of sunscreen can stop cumulative damage.

#### **Exfoliate**

By all means, use a weekly at-home or homemade scrub like baking soda mixed with water to keep dead skin cells at a minimum. But the best way to safely and effectively remove damaged outer layers is with a [chemical peel](#).

"Chemical peels are safe and time-tested to take care of a variety of aesthetic issues, including sun damage, light wrinkles and acne," says Dr. Lichten. "After a peel, remaining skin cells are fresh and new, leaving you with smoother, more beautiful skin."

[Schedule a chemical peel with Natalie](#).

*Got serious sun damage?*

Talk with Dr. Lichten about [Fraxel® laser resurfacing](#).

## *Because you're very important ...*

... we want you to have every opportunity to save.

Become a Central Ohio Plastic Surgery VIP and save 15% to 20% on select products, packages and purchases, including consults, chemical peels and injectables like BOTOX® Cosmetic.

With VIP membership, you'll get:

- **\$25 discount at time of purchase + 1 punch** on your VIP card for every purchase of \$250-\$499
- **\$50 discount at time of purchase + 2 punches** on your VIP card for every purchase of \$500-\$749
- **\$75 discount at time of purchase discount + 3 punches** on your VIP card for every purchase of \$750-\$999

[See more VIP benefits.](#)

**Want to know more? Contact us today.  
740-653-5064**



### *Happy 10th anniversary to us!*

[Tweet a shout-out](#) or [post a message on our Facebook page](#) for a chance to win three of Dr. Lichten's favorite SkinMedica® must-haves.

Don't know what they are? [Find out here.](#)

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**Like us. Follow us.**

