

Central Ohio
Plastic Surgery
Where Art and Surgery Come Together
Jason B. Lichten
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[Visit our web site to see before-and-after photos.](#)

Get reunion-ready in 2 weeks

There's still time to look better, younger

Non-surgical alternatives help you turn back the clock

It can be really fun catching up with old friends or seeing people you knew from another time and place. School and family reunions, weddings and other summer events are meant to be appreciated and remembered with fondness.

In fact, looking and feeling your best can actually help you enjoy your special occasion even more.

See the youthful lift on one of Dr. Lichten's actual patients, thanks to dermal filler injections?



We understand that choosing to enhance your appearance with a cosmetic solution must make sense for you and your budget. That's why Dr. Lichten recommends coming in for [a consultation](#) with him and our aesthetician,

Natalie. You'll be able to share your goals and learn more about your options.

To help even more, we invited another patient to share why she chose minimally invasive treatments for herself, just in time for her 35th high school reunion.

"I have never felt better about myself with the little improvements that made a BIG difference in my self esteem."

Q: Why did you decide to do something about your appearance just before your reunion?

A: I am a very active and social person, and I usually feel pretty good about how I look. As the reunion started getting closer, I thought, 'Hey, I don't like those frown lines around my mouth and between my eyes.' Honestly, I just wanted to look as good on the outside as I feel on the inside.

Q. What did you choose to do about it?

A. I made an appointment with Dr. Lichten to ask what I could and should do about it. Remember, my reunion was only 4 weeks away so I was starting to panic, thinking it was too late!

Q. What did Dr. Lichten recommend?

A. For me, I was concerned about brown spots, facial sagging and frown lines. He suggested a few simple things:

1. I started with [a skin care routine from Natalie](#) and I stuck to it religiously for the 4 weeks before the reunion (and even today).
2. Dr. Lichten injected 40 units of [BOTOX® Cosmetic](#) between my brows to get rid of frown lines, above the brow for a slight lift and in my forehead to soften some pretty deep wrinkles. It can take up to 2 weeks to take effect, but I noticed a difference in just a few days.
3. At the same appointment, Dr. Lichten used [JUVEDERM](#) around my mouth and [VOLUMA](#) at my cheeks. I had a tiny bit of bruising at the injection sites that went away in about 5 days. (I covered it with makeup.) I noticed---and loved---the difference right away.
4. Then, the week before my reunion, I came back for a [chemical peel](#) with Natalie. I had a fresh-faced glow that lasted quite a while. I looked and felt fantastic.

Dr. Lichten says ...

- **Schedule injectables 10-14 days before the big event.** That way, any potential injection marks can heal and the procedure can take full effect.
- **Consider combining minimally invasive procedures with other [facial procedures](#).** A facelift, for example, can rejuvenate facial contour for a more youthful look.

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FREE**

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event:
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now**

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Does it hurt?

Most of our patients say it was the fear of the unknown, not that pinch, that hurt. And please know that Dr. Lichten numbs the area first to minimize discomfort.

Will I look like myself, only better?

That's the beauty of BOTOX! Dr. Lichten is a board-certified plastic surgeon who does all his own injectables so your results will be more natural looking.

Must be a first-time Botox user, RSVP required (740-653-5064).



Book an Appointment



Runners' Corner: Be Sun Smart

6 skin-saving strategies

Running is good for your heart, your body, your bones and even your skin. (Think, "gorgeous glow.") It is not, however, without a few drawbacks; especially where your skin is concerned. Here, Dr. Lichten shares some skin-saving (and melanoma-prevention) strategies for hot-weather running:

1. **Try an oil-free, UVA/UVB-blocking sun stick** on your face for drip-free protection.
2. **Use petroleum jelly to prevent chafing** under breasts, under arms and between thighs.
3. **Wear moisture-wicking clothes** to keep you cooler and prevent skin irritation, rashes and breakouts.
4. **Shower after running** to help prevent breakouts on face and back. Can't shower? Wipe down and put on fresh, dry clothes.
5. **Take a fish-oil supplement every day**; the eicosapentaenoic acid (EPA) in it helps regulate oil production for skin that's more hydrated and less acne prone.
6. **Apply and reapply sunscreen.** (You knew that was coming, didn't you?) Unless you want to run in the dark of night or on a treadmill, this is non-negotiable for runners. In addition to face and décolletage, remember to slather hands, back of neck and tops of ears, too.

For more great tips like these, [follow us on Facebook](#).

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We've moved!

In Columbus, our office is now one floor down from our old location.

Please update your address book:

5969 E. Broad St., Suite 202

[Contact us.](#)

Find and follow us here, too

