

Central Ohio Plastic Surgery



Back to Routine, Back to You

School's back.
Schedules are settling.

September is the
perfect time to focus on
yourself again.

From subtle tweaks to
surgical plans, we'll
help you look and feel
your best this fall.

Why September is the best time to plan for change (and take a small first step)

Cosmetic surgery and MediSpa treatments aren't about chasing perfection. Often, they're about helping you match what you see in the mirror with what you feel on the inside.

As many of our patients settle into new fall routines, we hear them say this: "I'm finally at a place where I'd like to take some time to focus on me."

Here's why autumn is one of the best times for refocusing on your own goals:

- **Timing:** Cooler weather and busier calendars make recovery easier to plan (and keep private if that's what you prefer).
- **Scheduling:** With the rush of the holiday season not yet in full swing, September offers a little breathing room; room to consult, schedule, and heal without hurry.
- **Momentum:** Small wins (hello, clearer, smoother skin) can help you build confidence to tackle bigger things.

Whether you're thinking about a big or small change, we're here to walk you through your options, timelines, and expectations. No pressure. Just honest guidance and a plan that works for you.

Take the First Step: Book a Consultation >>



Thinking about a big change? Let's make a plan.

If you're considering mastopexy, augmentation, tummy tuck, eyelid surgery, or liposuction, get ready.

We'll guide you on what procedures pair well together, how much recovery time you can expect, and map out the best timeline for you so you can be ready before the holidays.

September → Consultation & planning
October → Pre-op visit + skincare prep
Early November → Procedure & recovery
December → Confident & event-ready

Start Now >>



“

I had one breast that grew as I got older to the other not growing much. Dr. Lichten performed a breast reduction to match the other side, and I could not be any more confident in my skin. I highly recommend Dr. Lichten and his staff.

MIRANDA W.
(PATIENT SINCE 2024)

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SEPTEMBER *savings*

SUMMER SKIN REWIND

ERBIUM LASER RESURFACING
SERIES OF 3

\$1999

(REGULARLY \$2535)

MANDELICLEAR CHEMICAL PEEL
W/ VITAMIN A ACCELERATOR

\$149

(+ TAX. REGULARLY \$225)

NATIONAL RETINOL WEEK

SEPT 14-24

CELEBRATE WITH

25% OFF

RETINOLS ALL MONTH LONG!

VALID ON SERVICES PURCHASED SEPTEMBER 1-30, 2025. MAY NOT
BE COMBINED WITH ANY OTHER DISCOUNTS OR OFFERS

Ask Dr. Lichten

Q. Filler or surgery for the midface — how do I choose?

A. **Injectable fillers** give a quick lift with no downtime and are ideal for areas of minor concern. If you have sagging or deeper fold, surgery might be a better corrective option. Sometimes the best plan is a combination of both.

Q. How long do fillers last?

A: Most patients can expect their dermal fillers to last anywhere from 9 to 18 months, depending on the filler and the area of concern. To keep your results consistent and more natural looking, Dr. Lichten recommends regular touch-ups.



Ask a Question >>



Let's Stay Connected

See real results, learn about new treatments, and catch behind-the-scenes moments from our team. Follow us where you scroll the most.



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