

Central Ohio
Plastic Surgery

AUGUST 2026

VOL. 08.19

THINKING ABOUT SURGERY?

Start Here.

Face • Breast • Body

THE QUESTIONS
EVERYONE ASKS

PLUS:
JUVÉDERM®
DAY • 08.19

consultations
real answers
summer specials

The Question Is Usually the Hardest Part

Maybe you know exactly which procedure you're considering.

Maybe you only know what you'd like to change.

Either way, you're ready for a consultation.

With [Dr. Lichten](#), a consultation is a conversation—not a commitment.

He takes the time to listen, understand your goals, answer your questions, and explain your options in a way that's easy to understand.

Whether you're curious about [surgery](#), wondering if a [non-surgical treatment](#) might be a better fit, or simply gathering information, you'll leave with a clear understanding of your choices and the confidence to decide what feels right—on your timeline.

Start Here ★



The Questions Everyone Asks

No two patients come to a consultation with exactly the same concerns. But a few questions come up again and again. Here, Dr. Lichten answers some of the most

frequently asked questions about plastic surgery and non-invasive cosmetic procedures.

Am I a good candidate?

That depends on your goals, overall health, medical history, and expectations. Dr. Lichten will evaluate the area you're concerned about and explain what may—or may not—help you achieve the result you want. Sometimes the procedure you've been researching is the right fit. Sometimes another surgical or non-surgical option can make more sense.

Will I still look like myself?

For most patients, looking natural is one of their biggest priorities. The goal isn't to make you look like someone else. It's to create a result that reflects how you want to look and feel.

What will recovery be like?

Recovery varies by procedure. Dr. Lichten can give you a realistic idea of what to expect, including discomfort, swelling, activity restrictions, time away from work, and when you can return to exercise and other routines. Word of advice: Be honest about your schedule and responsibilities. Recovery has to work with your real life, not an ideal calendar.

How much pain can I expect?

Some discomfort is normal after surgery, but the amount and duration depend on the procedure and the patient. Dr. Lichten will go over how to manage discomfort, what sensations are expected, and when something warrants a call to the office.

What about scars?

Any procedure involving an incision will leave a scar. Dr. Lichten will explain where incisions are typically placed, how visible scars may be, and how they can change as the body heals. He'll also talk through the steps you can take to support healing.

When will I see the final result?

You may notice a difference soon after surgery, but swelling and healing can have a temporary impact. Depending on the procedure, it can take several weeks or months for everything to fully settle. Dr. Lichten will give you a realistic timeline, including what you're likely to see at each stage of healing.

What are the risks?

Every surgery has potential risks, and you deserve a clear explanation of them. Dr. Lichten reviews the risks associated with every procedure and the precautions taken to support your safety.

What if I'm not ready to decide?

Then don't. Cosmetic surgery is a big decision. Think it through, talk with the people you trust, and make your decision when you're ready. In the meantime, [here's a free checklist](#) to help inform your decisions.

**SAVE 50% on Cosmetic Consultations
through August 31st!**

(Consultation must be performed between August 1-31, 2026. Not subject to discount
for cancelled, rescheduled or now show appointments.)

Book Your Consult Today! 

AUGUST *Specials*

LOOK GOOD. FEEL CONFIDENT.

1

Summer Skin Refresh

Skinbetter A Team Duo
+
Your choice of cleanser

\$169

2

Summer Skin Reset

Skinbetter ALTO 50ml
+
Skinbetter AlphaRet 30ml
(any strength)
+
Your choice of cleanser

\$299

3

Summer Skin Rejuvenation

Skinbetter ALTO 50ml Skinbetter AlphaRet 50ml
(any strength)
Your choice of cleanser 30 minute Hydrafacial

\$499

Packages available thru August 31, 2026 while supplies last. May not be combined with any other discounts or promotions.

Allē

JUVÉDERM®
COLLECTION OF FILLERS

BUY ONE \$75 JUVÉDERM® GIFT CARD, GET ONE FREE ON 08.19!*

Offer goes live at
9 AM PT/12 PM ET



EARN DOUBLE ALLÉ POINTS[†]

when you book a consultation and
get treated between 8.19–8.31

Scan the QR code or
visit juvedermday.com
to learn more!



Allergan
Aesthetics
an AbbVie company

*While supplies last. Terms and Conditions apply. SKINVIVE by JUVÉDERM® is excluded from this promotion.
†Double Points Terms and Conditions apply. SKINVIVE by JUVÉDERM® is excluded from this promotion. Double points earned as a bonus, not base, Allē points.
© 2026 AbbVie. All rights reserved. JUVÉDERM and its design are trademarks of Allergan Holdings France SAS, an AbbVie company, or its affiliates. Allē and its design are trademarks of Allergan, Inc., an AbbVie company. Allergan Aesthetics reserves the right to alter or cancel the program with no advance notice or obligation. US-FA-03472 07/26

How to Purchase Your JUVÉDERM® Day Gift Card

Buy one \$75 JUVÉDERM® Collection of Fillers gift card, get one free. While supplies last. Terms and conditions apply.

1

Set a Reminder to Purchase

Gift cards go on sale on August 19 at 9 AM PT / 12 PM ET. Limited supply, so log into your Allē account early to be ready!

2

August 19 at 9 AM PT / 12 PM ET

Sale is live! Visit juvedermday.com to purchase your gift card.

3

Wait in the queue until your turn.

4

Once it's your turn, you'll be prompted to log in (if you haven't done so already) or create an Allē account.

Allē Members can get two \$75 gift cards for the price of one, plus earn double Allē points when treated between 08/19.2026 and 08/31.2026

*Value includes one \$75 JUVÉDERM Day gift card and \$80 in Allē points.
Both offers are subject to Terms and Conditions and exclusive to Allē Members.

The BOGO is while supplies last. For Double Points, SKINVIVE by JUVÉDERM® is excluded and Double Points are earned as bonus, not base, Allē points.

Planning Ahead for Fall



Considering surgery later this year?

August is a good time to start thinking through timing, recovery, work schedules, travel, and holiday plans—so you can make decisions without feeling rushed.



[See What's Possible](#)

Central Ohio
Plastic Surgery
Where Art and Surgery Come Together



★
Summer Hours

WE WILL BE
CLOSING
AT

3:30 PM

★ *on Fridays* ★

FROM
MEMORIAL DAY
through
LABOR DAY



Central Ohio Plastic Surgery • 740-653-5064



Central Ohio Plastic Surgery | 2656 N. Columbus St, Suite A | Lancaster, OH 43130 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email & social marketing for free!