Central Ohio Plastic Surgery
Where Art and Surgery Come Together



Gratitude looks a little different depending on where you spend your days. For most of us, it's family, friends and good health, with a vote or two for pumpkin pie.

When we asked Dr. Lichten, the list got a little more interesting ...

A little asymmetry. No face is perfectly symmetrical, and it isn't supposed to be. Those small differences are part of what makes a face yours. My goal is to **give my patients balance**, not a mirror image.

A well-placed scar. Every incision leaves a mark. Where it goes, how it's closed and how it's cared for afterward all influence how noticeable it is.

Patients who say "I'm nervous." Or "I'm not sure what I want." Those words start my most useful conversations. They tell me we have something to talk about. My job is to find out what's behind the concern, **explain your options in plain terms** and make sure you leave understanding more than when you walked in.

The word "wait." Not every consultation should end with a surgery date. Sometimes the right call is more time, a different approach or no procedure at all.

Faces that move. Smiles, squints, the eyebrow that goes up when you're skeptical. Expression is what people recognize, and it's worth protecting. The best compliment **after treatment** is "You look rested," not "What did you have done?"

And the pumpkin pie? Dr. Lichten says he's grateful for that, too. One slice. Well, maybe two.

Have a question you've been wanting to ask? Let's talk.

Book a Consultation →

Great Skin Has Someone Behind It



You've likely seen Krista Clark around the office since 2019. What you might not know is how deep her skin care knowledge goes.

An advanced esthetician and licensed massage therapist, Krista has spent more than a decade doing facials, chemical peels, **HydraFacials**, **microneedling** and **lymphatic massage**.

Ask her about an ingredient and settle in. She knows what it does, why it matters and whether your skin needs it.

Quick refresh or something more advanced? **Krista's your person.**



Terms and conditions apply. Valid for Chemical Peel treatment only. May not be combined with any other discounts or promotions. Separate purchase of Circadia Post Peel Kit may be necessary with certain Peels. (Base cost of $30)

New Look. Same Familiar Faces.

We've had a little work done. On our website, that is.



Central Ohio Plastic Surgery has a fresh new look online.

You'll still find Dr. Lichten, Krista, and the care you've come to know, but with a redesigned place to **get to know us a little better.**



On November 18, Allē members can buy one $50 BOTOX® Cosmetic gift card and get one free. Plus, from November 1–30, members can refer a friend to Allē and both get $50 off any Allē product or treatment. **Terms and conditions apply.**

Every BOTOX® Cosmetic treatment at our practice is performed personally by **Dr. Lichten, a board-certified plastic surgeon**.

Not an Allē member yet? **Join free** before the 18th so you're ready.

Medical suitability for the procedure is exclusively the determination of Dr. Lichten.

Book Your BOTOX® Appointment →



We'll be back on Monday, November 30.
Need to schedule before the holiday? Call us at 740.653.5064.

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

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