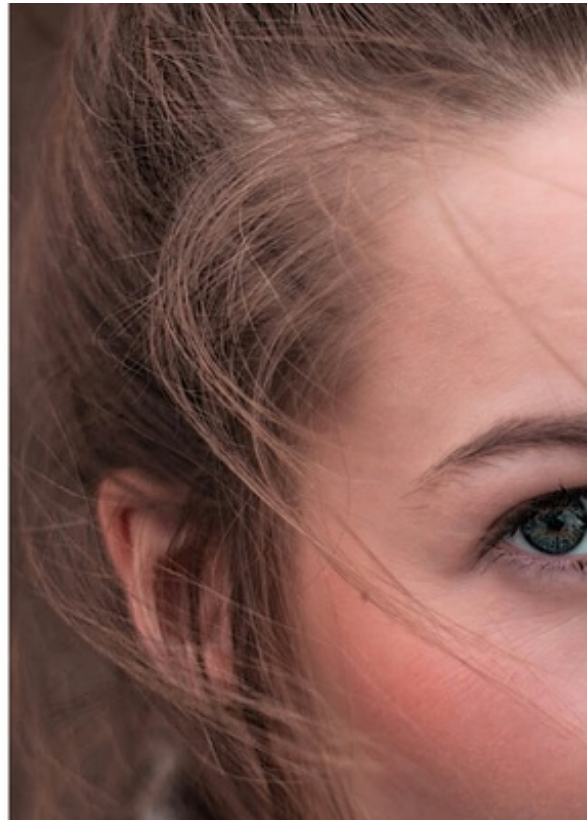


5 things to know about hollow temples

1. Temple hollowing is common as we age and in people with higher cheekbones
2. Filler adds a subtle lift and youthfulness
3. Injections are virtually painless
4. Augmenting the cheeks without addressing temple hollows can make the face appear unbalanced and overdone
5. FDA approved Juvéderm® Voluma® XC for hollow temples in 2024



Facial balance, fillers, and hollow temples

According to the American Society of Plastic Surgeons, more than board-certified plastic surgeons performed more than 3.4 million dermal filler procedures last year.

While dermal fillers have long been a favorite among the over 40 crowd, the ASPS says that dermal fillers are growing in popularity among the 30-39 age group.

"**Injectable fillers** are an essential part of aesthetic maintenance," explains Dr. Lichten, "because they help replenish the natural hyaluronic

acid in skin. They add volume and hydration to areas of the face that naturally lose volume as we age. My patients can see **almost immediate results** in the lip, cheek, and eye areas, while experiencing little to no downtime."



Patient M shares her experience with hollow temples and dermal filler

"I came in for my quarterly **BOTOX®** injections," says Patient M. "I felt like I needed a little something else but, at 62, I don't want to look overdone or like I'm trying too hard."

Using his board-certified trained aesthetic eye, Dr. Lichten took a closer look at M., talked with her about her goals, and suggested **JUVÉDERM VOLUMA XC** for the temple area.

"We talked about hollow temples and facial balance," explains Patient M. "Dr. Lichten explained that youthful temples tend to be rounded and plump. While he typically recommends 1 syringe in each temple, I wanted to go a little more conservative, so we did just 1 syringe between both temples. It made such a difference in how I see myself, yet it's not glaringly obvious. I just love it!"

Why the injector matters

The good news is that injections are more available and popular than ever. The bad news is that too many un-, under-, and ill-qualified people are giving them.

At Central Ohio Plastic Surgery, we invite you to choose us as your long-term health and beauty partner. Even if you don't, please heed this advice: Before you undergo any minimally invasive procedure, make sure to ask questions and understand [#whytheinjectormatters](#).

That means run, don't walk away from injections and other nonsurgical procedures that are administered from anyone other than a trained and experienced medical professional.

Why choose Dr. Lichten for injectables

Dr. Lichten is a platinum injector for Allergan, which means he's in the top 5% of physician practices in the country for injectables. Central Ohio Plastic Surgery has repeatedly been recognized for excellence as Best Cosmetic Surgery Practice by CBUS Top Picks (vote for us again!)

Always remember that the injector matters. As a board-certified plastic surgeon, Dr. Lichten has unique expertise, extensive medical training, and vast experience in facial anatomy. It's one of the reasons our tagline is "Where Art and Surgery Come Together."

Don't trust your face - or your nonsurgical, surgical, or minimally invasive procedures - to just anyone.

[Book a Consultation](#)

AUGUST SPECIALS



\$500

AUGMENTATION

- Book a free consult in August and ...
- Save \$500 on breast augmentation when you have your surgery by 11/29/24.

FILLER & FACIAL

- Get treated with filler in August ...
- And receive 25% off your September facial service.



25%

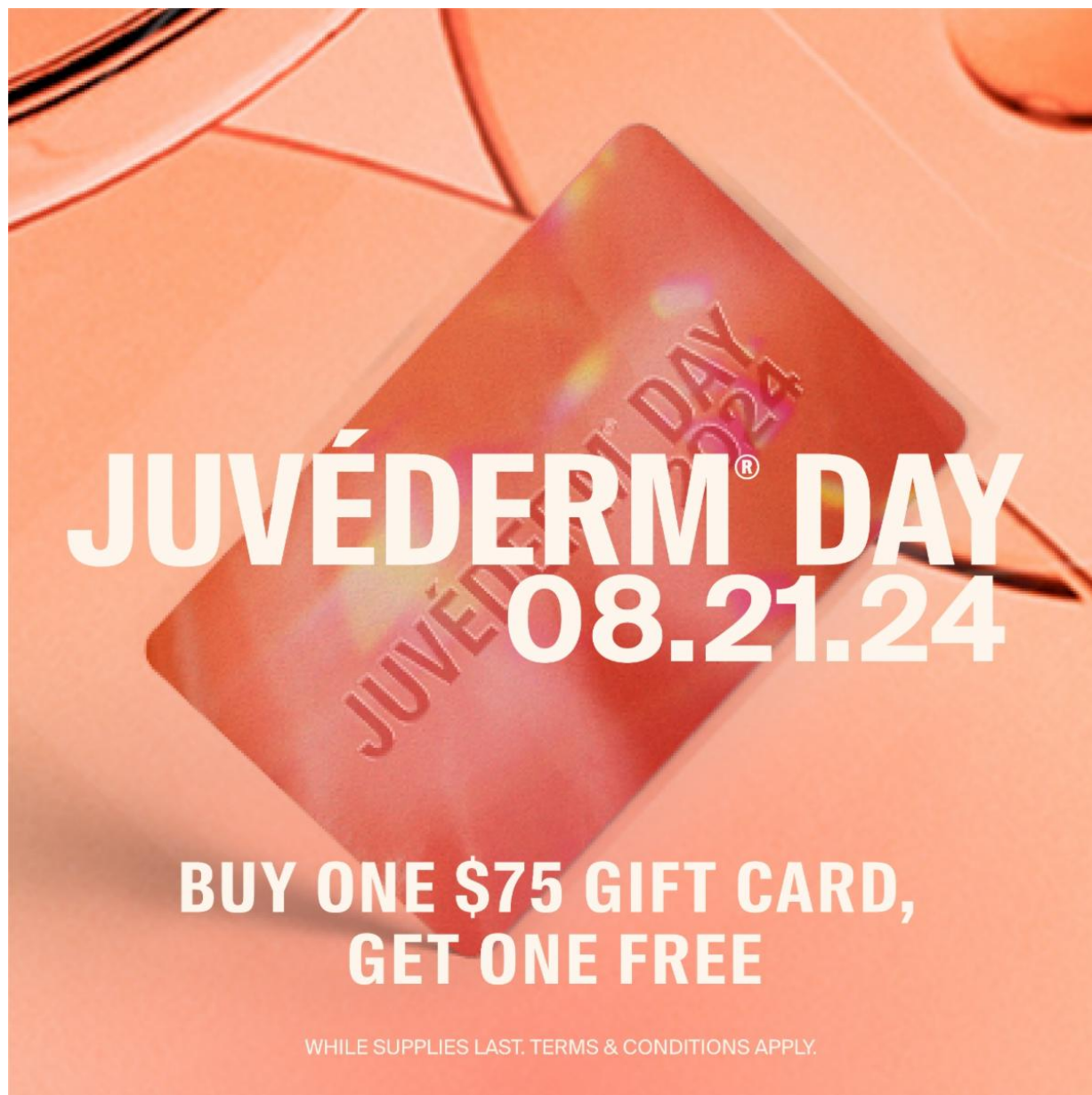


\$100

2-FOR-1 BONUS

- Received BOTOX in July?
- Get \$100 off any JUVÉDERM filler in August.

Terms and conditions apply. Offer valid only from August 1-31, 2024. COPS promotions cannot be combined with the exception of Allē gift cards, rebates, and rewards. Please contact the office at [740-653-5064](tel:740-653-5064) for details.



On JUVÉDERM Day, Allē Members can buy one \$75 JUVÉDERM Collection of Fillers gift card and get another for free—only on 08.21.24. And if you book a consultation and receive a JUVÉDERM filler treatment* from 08.21-09.30, you can [enter for a chance to win \\$10,000](#).

While supplies last. Terms & Conditions apply. *NO PURCHASE NECESSARY. Open to Allē Members in 50 U.S./D.C.; 22+. Registration starts on 8/21/24; ends 9/12/24. See [Official Rules](#) for all details and how to enter without purchase. SKINVIVE by JUVÉDERM is excluded from this promotion.

GET \$75 MORE

when you use your gift card
with us

Use your JUVÉDERM Day gift card at Central Ohio Plastic Surgery from 8/21/24-8/30/24, and we'll give you an additional \$75 dollars off [JUVÉDERM](#) filler.

[740-653-5064](tel:740-653-5064)

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Family back-to-school pic.



Questions? Call us at [740-653-5064](tel:740-653-5064) or [email us](#).

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