



MARCH NEWSLETTER

BEAUTY, INSIGHTS, AND CELEBRATIONS

Welcome to our March newsletter! Dr. Joe, Dr. John Luck, and the entire Gryskiewicz Twin Cities Cosmetic Surgery team would like to share the latest trends with you, from the facial slimming neck liposuction procedure to rejuvenating PiXel8-RF® microneedling treatments.

You'll also find expert tips, glowing patient reviews, and the latest updates about our "work family." Whether you're looking to reduce excess fat or to regain a tighter, more radiant complexion, we're here to help you achieve your aesthetic goals with personalized care and expertise.

What's Inside:

- **Procedure Spotlight:** Neck Liposuction — for a sleeker, more defined neck profile
PiXel8-RF® Microneedling — your non-surgical skin tightening solution for a renewed skin tone and texture
- **Patient Reviews:** Get an inside look into our high standard of patient care
- **Staff Announcements:** Celebrate milestones with our team and stay up-to-date with practice news

Procedure Highlight: Submental (Neck) Liposuction

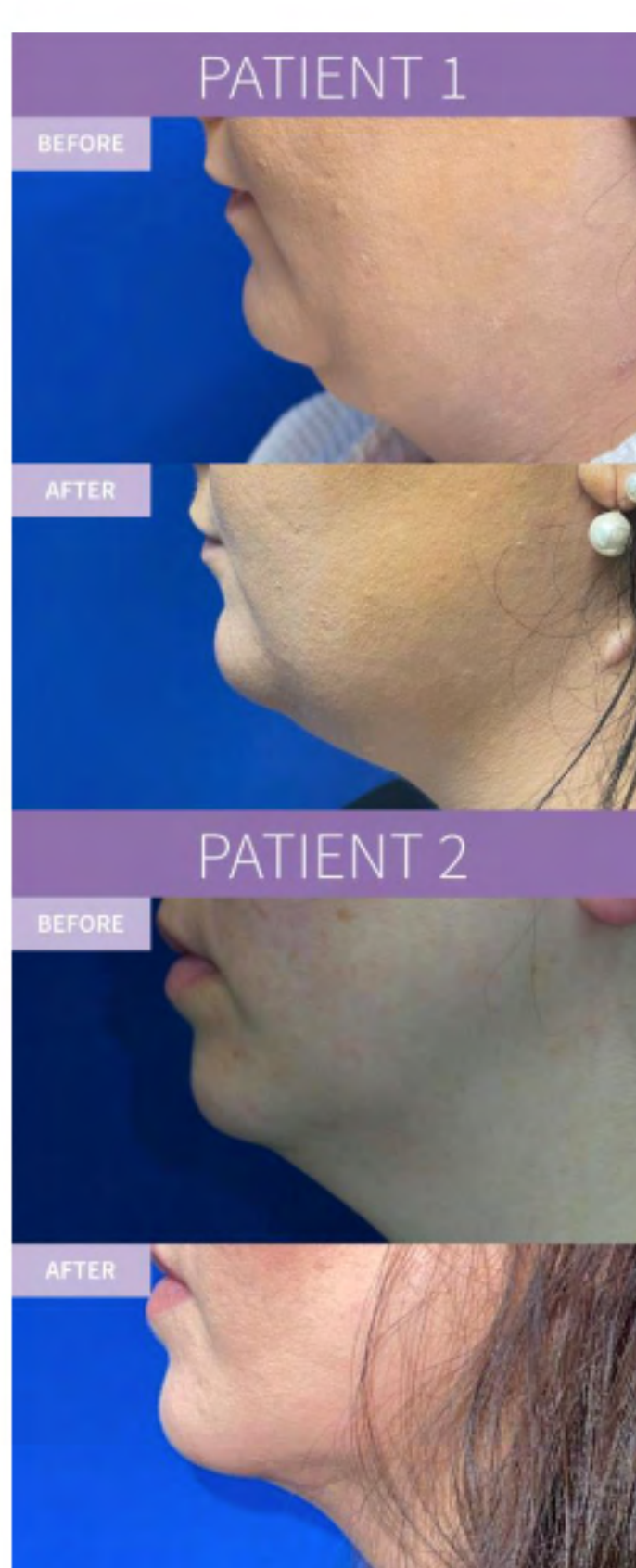
Reveal slimmer, more defined facial contours and a smoother look at every angle.

About: Neck liposuction offers minimally invasive fat removal in the neck, giving you a more sculpted and defined appearance. During the procedure, a narrow cannula is gently inserted into discreet incisions and excess fat cells are suctioned out, providing long-term enhancement and fat reduction.

Benefits: Liposuction to the neck is one of the least invasive cosmetic surgeries performed. Other benefits include:

- **Minimal downtime**
- **Little to no noticeable scarring**
- **A low risk of complications**
- **Can utilize IV sedation and local anesthesia rather than general anesthesia in most cases**

Recovery: Tolerable and shorter than other cosmetic surgeries, the recovery period after submental liposuction is considered brief. Patients return to work and their normal routine within one week. Exercise should be avoided for about three weeks.



SPA Highlight: PiXel8-RF® - Microneedling



About

PiXel8-RF® microneedling uses two highly effective methods of skin rejuvenation — radiofrequency (RF) energy and microneedling — to powerfully tighten, firm, and smooth your skin. Using a handheld microneedling device, thousands of tiny microperforations are made in the skin to stimulate the body's natural healing process. Old, dull skin cells are replaced with softer, healthier skin, leaving you with a firmer skin texture and a more radiant glow. Best of all, there's no need for surgery, scarring, downtime, or invasiveness!

Benefits

PiXel8-RF® microneedling can help:

- Tighten crepey skin
- Give you a smoother, more even skin tone
- Remodel the collagen structure for results that improve over time

There is no scarring, recovery time, or general anesthesia necessary during this convenient, in-office treatment.

Recovery

While redness and swelling may occur, there's no downtime required after PiXel8-RF® microneedling. All reactions should subside within 24 hours and you can resume your normal routine immediately.

Click [here](#) to learn more!

Blogs



[How to Get Rid of a Double Chin](#)



[Breast Augmentation for Thin Patients](#)

Google Reviews



I had a wonderful experience with my breast augmentation. Dr. Joe was so nice and made me completely comfortable along with all of his staff. They were so informative and answered any questions I had. I'm extremely happy with the results and I had a very quick recovery. I'd go back again! 10/10 experience!

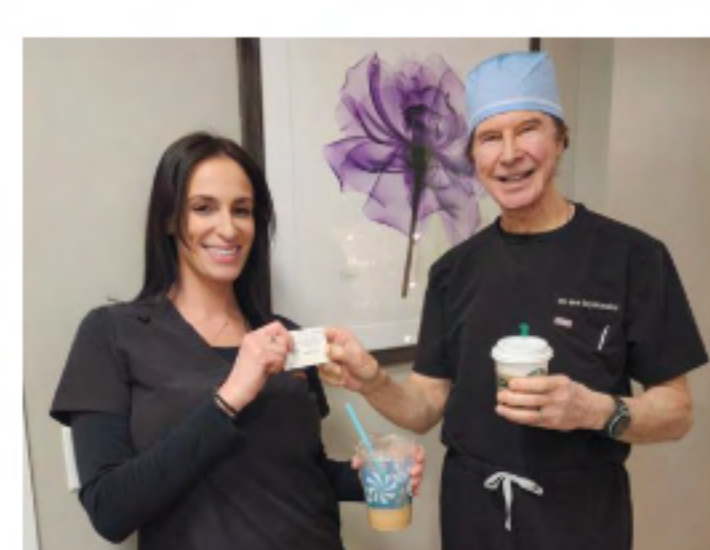


Everyone did amazing! So helpful with all of the questions I had. Made me feel comfortable and like I was family! I am very pleased with my service before and after surgery. I would send everyone I know!



Was referred by someone with beautiful results. Smooth and seamless appointments from beginning to end. Very impressed with the overall experience - the gifted book was a nice touch, very informing before going under. Everything well thought out and organized, wonderful and kind staff. Helpful and real. Beyond happy with results!

Staff Announcements



We celebrated Danielle's 1st Anniversary on January 31st.



We celebrated Melanie's Birthday on February 21st.



SAVE THE DATE for our Spring Open House on Thursday, May 8th.

Locations

Edina
7373 France Avenue South #408
Minneapolis, MN 55435
[952-842-1000](tel:952-842-1000)

Office Hours
Monday:
1:00pm - 5:00pm

Burnsville
303 E Nicollet Boulevard #330
Burnsville, MN 55337
[952-435-0177](tel:952-435-0177)

Office Hours
Monday - Friday:
8:30pm - 5:00pm

