



FEBRUARY NEWSLETTER

## BEAUTY, INSIGHTS, AND CELEBRATIONS

Welcome to our February newsletter! Dr. Joe and the entire Gryskiewicz Twin Cities Cosmetic Surgery team would like to share with you the latest trends, from the eye brightening Upper Lid Blepharoplasty procedure to rejuvenating SkinPen® treatments.

You'll also find expert tips, glowing patient reviews, and the latest updates about our "work family". Whether you're refreshing your facial features or improving your skin texture, we're here to help you achieve your aesthetic goals with personalized care and expertise.

### What's Inside:

- Procedure Spotlight: Upper Eyelid Surgery, for a more refreshed, youthful look (P.S. Did you know this can be performed at our Burnsville office under local anesthesia?)
- All About SkinPen® Microneedling—learn why 90% of patients said they would recommend SkinPen®
- Team Updates: Celebrating milestones and achievements
- Real reviews from patients like you

## Procedure Highlight: Upper Lid Blepharoplasty

Eyelid Surgery, or Blepharoplasty, is designed to rejuvenate the upper eyelids, refreshing the upper-third of the face. The eyes are one of the most noticeable facial features and often show visible signs of aging such as wrinkles, fine lines, drooping tissue, and puffiness.

Dr. Joe performs eyelid surgery to address these concerns and restore a more youthful, refreshed look to the eyelids. Depending on your goals, this may involve lifting tissue, removing excess skin, smoothing wrinkles, or generally rejuvenating the region around the eyes.

### Who is a Candidate for Eyelid Surgery?

This procedure is most effective for patients who have:

1. Loose, sagging upper eyelid skin that causes "hooding" or creates wrinkles and folds.
2. Fine lines surrounding the eyes, often known as "crow's feet".

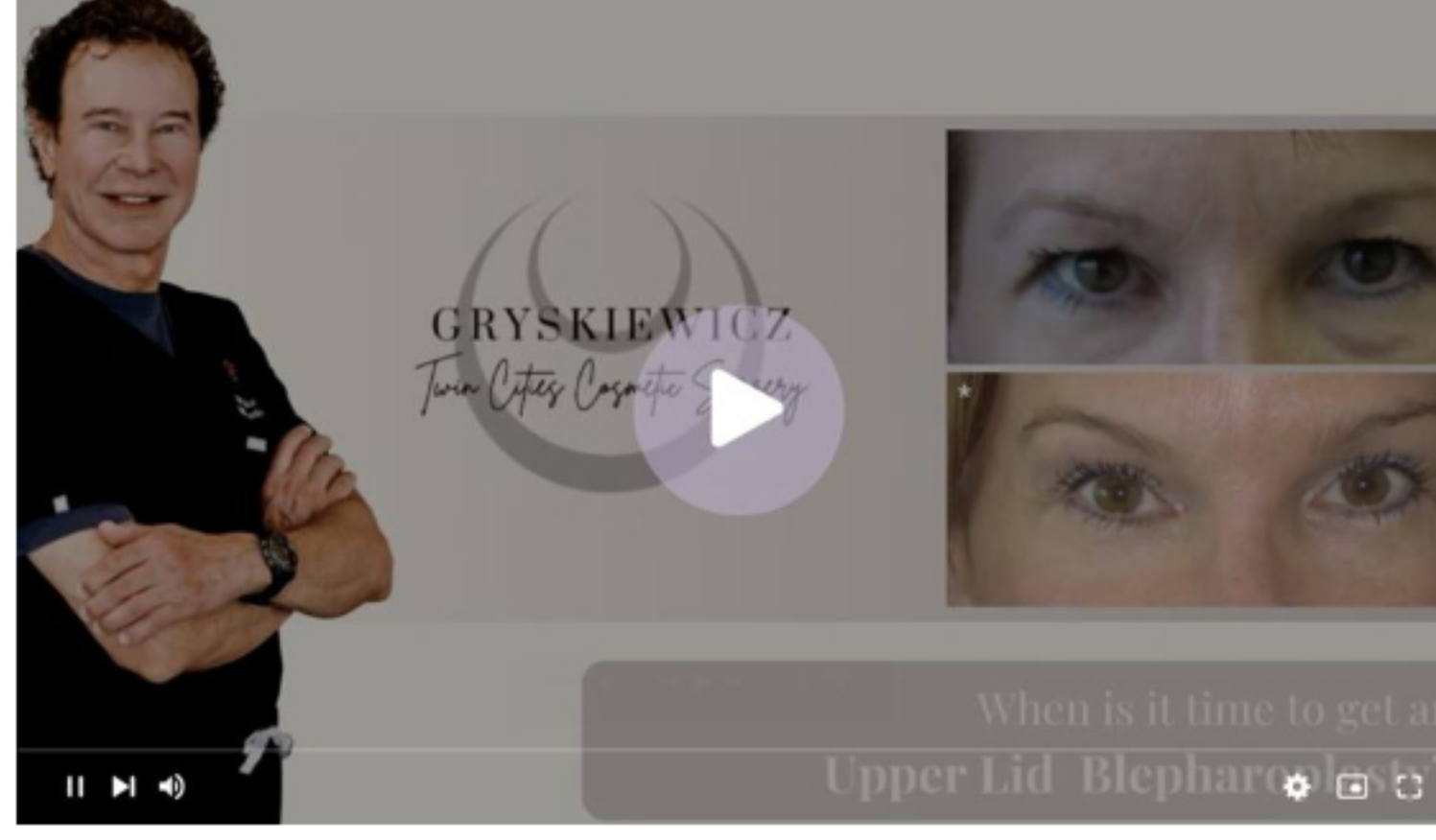


### How is Eyelid Surgery Performed?

Dr. Joe performs this procedure at our Burnsville office using local anesthesia. By having this procedure performed under local anesthesia it typically saves patients around \$2,000. Dr. Joe uses tiny incisions made in the natural contours of the eyes. During an Upper Lid Blepharoplasty procedure all fatty tissue is removed, and loose skin and musculature are tightened. The surgery generally takes about one hour.

### When is it Time to Get an Upper Lid Blepharoplasty?

Click the video below to learn more!



## SPA Highlight: SkinPen®



### SkinPen® Microneedling

Erase Acne Scars, Neck Wrinkles, and More

### About SkinPen®

SkinPen® is an FDA-cleared microneedling device designed to use the body's natural healing capabilities to replace old, dull skin with newer and healthier skin cells. As a result, microneedling patients can enjoy an enhanced skin tone and texture, as well as a more radiant complexion after treatment.

### Benefits of SkinPen®

Reduces pigmentation, wrinkles, acne scars, and age spots for a more even skin tone during a convenient, in-office, and minimally invasive treatment.

### Is There Recovery After SkinPen® Microneedling?

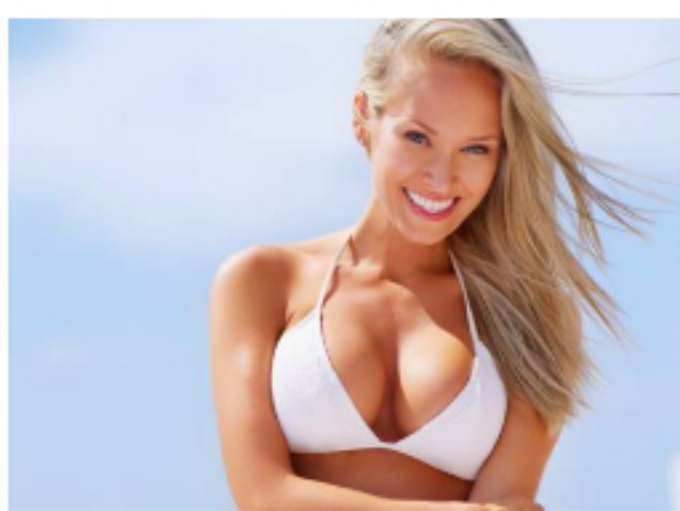
Temporary redness and swelling are possible, but there's no extensive downtime or aftercare required.

Click [here](#) to watch the SkinPen® in action!

## Blogs



[Will Blepharoplasty Affect My Vision?](#)



[Can I Improve Stretched Breasts After Weight Loss?](#)

## Google Reviews



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, during, and after surgery. I would send everyone I know!



Dr. Joe and his team have been absolutely wonderful to me for the past couple of years. I first came in three years ago for my nose and it turned out exactly how we planned it and it looks great. My first boob job turned out great as well, went from a B cup to a D cup and once I healed and everything settled my boobs looked wonderful. Fast forward two and half years I had my boobs redone for bigger implants. I had no issues at all with my first set of implants, I just wanted to go bigger. Now I am a comfortable DD and once again everything went according to plan and my boobs look wonderful, just bigger :). His team is always very nice and easy to work with to get what I need. I would highly recommend him. I had three surgeries with him and all three of them turned out great without any issues. Thanks to Dr. Joe, my self-esteem has been dramatically improved and I am so much more confident than before my surgeries. Highly recommend! Thanks Dr. Joe

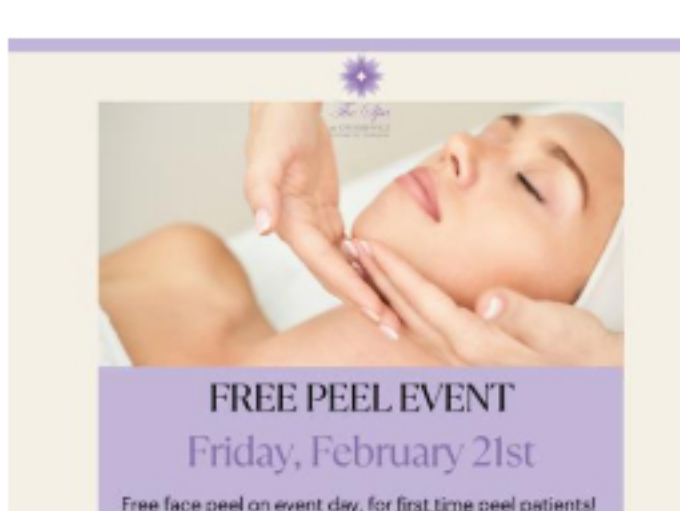


I had such a wonderful experience with Dr. Joe at Twin Cities Cosmetic Surgery for my Quick Recovery Breast Augmentation. I had been searching for the right surgeon for a while and finally set up an appointment to meet Dr. Joe for my consultation. He, and his staff, were very informative and really made me feel at ease during the entire process and were always available for any questions I had. I decided on the quick recovery breast augmentation and it was so much better than I ever imagined, would highly recommend this method to everyone! I had very little pain the first day, more like a sensation of tightness, was completely off any prescription medication by day 2 and was able to resume my normal activities of daily living without issue. I would highly recommend Dr. Joe to all my friends and family. Thank you so much for the outstanding patient care!

## Staff Announcements



We celebrated Tina's 4th work anniversary on January 17th.



**FREE PEELEVENT**  
Friday, February 21st  
Free facial peel or event only. Not for sale. See patient consent.

Due to popular demand, we have added Thursday, February 20th to this event! This event is reserved for patients who have never enjoyed a peel at our office. If that's you, RSVP by calling or texting our office!

## 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

