

Happy June

June 2025 Newsletter



A NOTE FROM OUR OFFICE:

Welcome to our June newsletter! Summer is here at our practice and we would like to share our most popular surgical and non-surgical procedures with you, from the restorative benefits of a breast lift to the power of non-surgical skin tightening with ThermiSmooth®.

In this newsletter you will also find glowing patient reviews, and the latest updates about our "work family." Whether you're looking for youthful breasts— or firmer looking skin — our team can help you achieve your goals through personalized treatment plans, patient-focused care, and the most cutting-edge aesthetic treatments available.

P.S. We enjoyed seeing some of you at our Spring Open House! If you were unable to attend or purchase online, you will have another opportunity at our next open house in November!

This Newsletter
Includes:

Procedure Highlight:
Breast Lift

SPA Highlight:
ThermiSmooth

Featured Blogs

Latest
Google Reviews

Staff Updates



LEARN ABOUT BREAST LIFT



Overview: Mastopexy, more commonly referred to as a breast lift, is a procedure designed to raise the breasts to a more youthful location on the chest wall while elevating the nipple-areolar complexes and minimizing breast sag. This is accomplished by tightening the breast skin envelope, as well as removing excess skin.

How will I know if I need a breast lift? A breast lift is often utilized when the nipples are positioned approximately at—or slightly below—the breast crease, signaling a downward migration of breast tissue caused by pregnancy, breastfeeding, weight fluctuation, or the forces of gravity and the aging process. In general, a breast lift can improve the shape, projection, symmetry, and positioning of the breasts for natural-looking results and an improved breast contour.

Breast Lift with Breast Implants

For those who would like to address their sagging breasts, as well as add volume and size to their breasts, a breast lift with implants may be a good option. This procedure can help restore a youthful, perkier breast appearance.



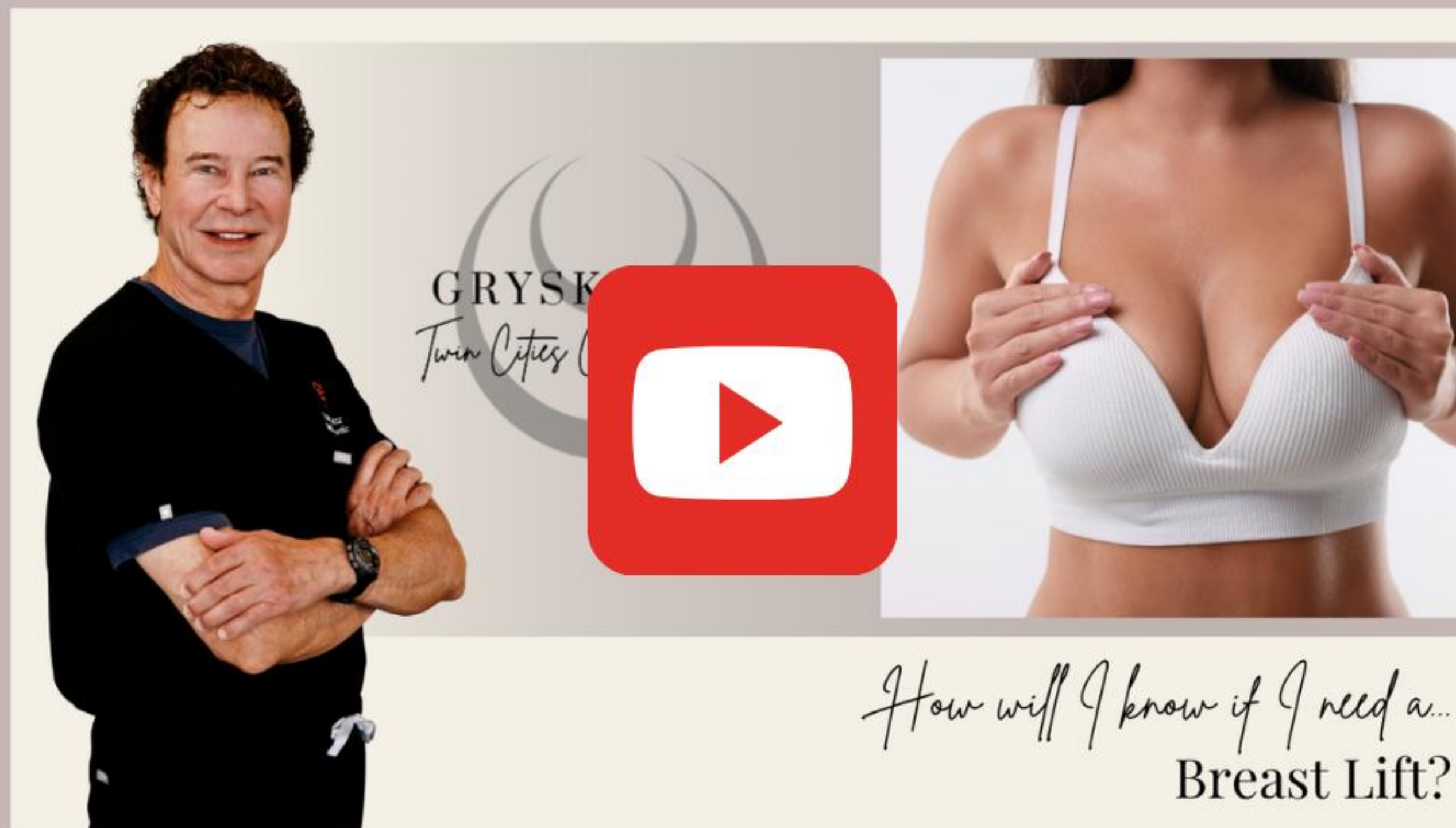
Download Our Breast Lift Guide

This complete guide to Breast Lift Surgery covers everything you need to know about this procedure, including:

- Your surgery explained
- How to assess if you are a good candidate
- Planning for your surgery
- Answers frequently asked questions
- View before and after photos
- Learn more about breast lift

[Click here to download](#)

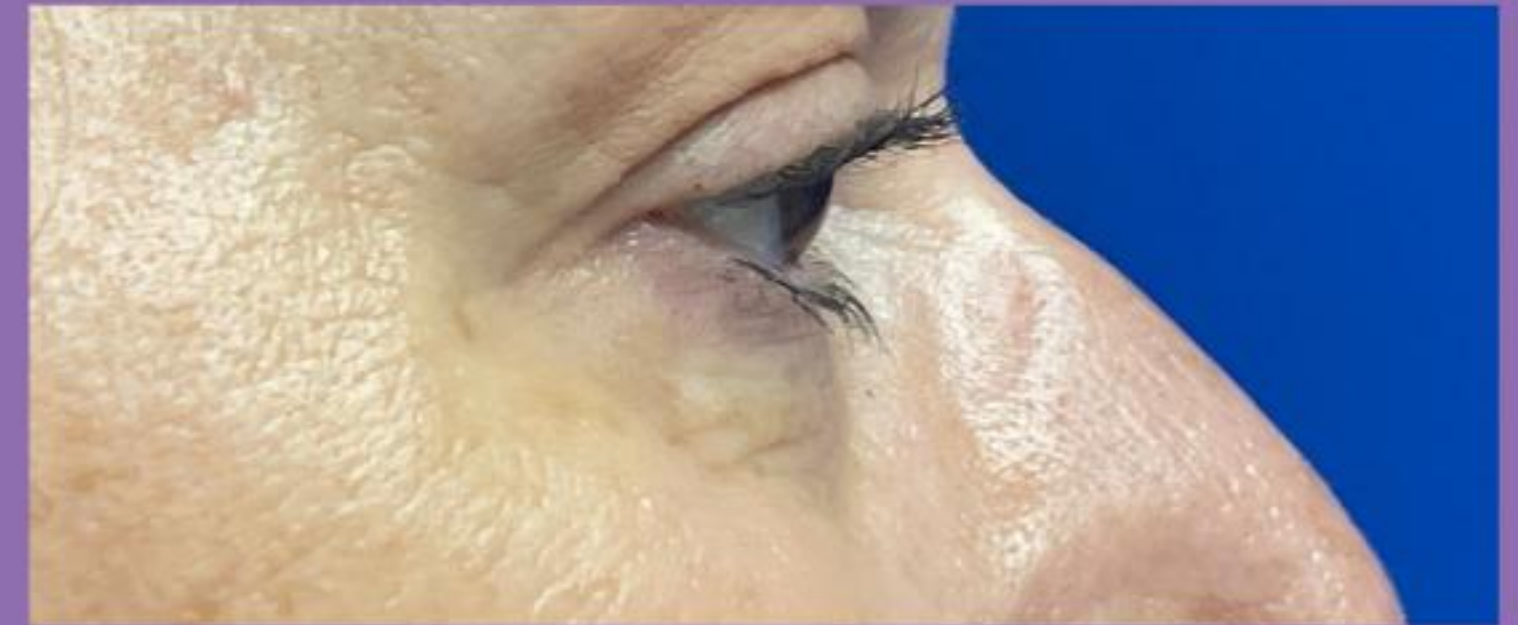
Click the video to learn more



LEARN ABOUT THERMiSmooth®



If you've been searching for a gentle and non-invasive treatment to tighten sagging or crepey skin while restoring a smoother, firmer look, ThermiSmooth® may be the solution you're looking for. Through the emission of radio frequency heat energy, ThermiSmooth® can improve the tone and texture of your skin and reinvigorate collagen production. Collagen stimulation helps improve skin elasticity and texture, while gradual skin tightening occurs over the following weeks and months of treatment.



BEFORE & AFTER 3 TREATMENTS



ThermiSmooth® Treatment Areas

Thanks to the ease and versatility of the ThermiSmooth® handpiece, treatment can target virtually any region of the face & neck. That said, the most popular areas for treatment include:

- Upper and lower eyelids
- Crow's feet
- Forehead, cheeks, lower face
- Neck and décolletage
- Wrinkles and fine lines around the mouth

FEATURED BLOGS

How Soon After Pregnancy Can I Get a Breast Augmentation?

Pregnancy brings many changes to a woman's body, often resulting in a loss of breast volume, sagging, or an overall shift in breast shape. If you're considering breast augmentation to restore your pre-pregnancy figure or achieve your desired aesthetic, timing your procedure correctly is essential to ensure the best results.



Can I Improve Stretched Breasts After Weight Loss?

Stretched, elongated, or saggy breasts are a common concern after massive weight loss or significant weight fluctuations. As bariatric surgery and medical weight loss injections become increasingly popular, more and more patients find themselves dissatisfied with the appearance of their breasts. The skin and breast tissue typically lose elasticity with declining collagen production over time, which can be intensified by weight loss, pregnancy, breastfeeding...

Double Chin Reduction Techniques – Surgical and Non Surgical

Despite a healthy lifestyle, stubborn fat beneath the chin may remain due to genetics, aging, or weight fluctuations. This excess fat can cause a less defined jawline and contribute to an older or heavier appearance, leading many individuals to seek professional solutions for double chin reduction.



GOOGLE REVIEWS



Working with Dr. Joe was an absolute pleasure. He paid close attention to all of my concerns and answered all of my questions before my procedure. He made me feel at home and his staff was all very loving and supportive. I'm so happy that I trusted my care to Dr. Joe and would highly recommend him to anyone who's looking for a competent and kind surgeon.



Consultations are of expert in-depth info given with patience, kindness and confidence on procedures. Amazing - above expectation results!! Highly recommend Dr. Joe and staff! Going back for other procedure because of the other successful results performed by Dr. Joe.



Hands down Dr. Joe is the best in the cities. I spent years looking for the right surgeon to perform a breast augmentation and repair rhinoplasty, he is incredibly skilled and talented. I'd say one of the best I've heard about. His techniques are cutting edge, his team is amazing, you will be very happy with the results.

STAFF UPDATES

Welcome Macy!

We're thrilled to welcome our newest Advanced Practice Esthetician! With a passion for helping patients glow from the inside out, Macy is here to guide you on your journey to confident, radiant skin.

Be sure to say hello next time you're in — Macy can't wait to meet you and help you reach your aesthetic goals!



Melanie Celebrates 38 Years with the office!

On June 8th our office manager, Melanie will be celebrating 38 years of working with Dr. Joe! Melanie helped Dr. Joe start Gryskiewicz Twin Cities Cosmetic Surgery 25 years ago. If you see her be sure to congratulate her on this amazing milestone! P.S. Here is a throwback photo of Melanie. →



Dr. John Luck joins the practice next month

The long awaited arrival of Dr. Luck is almost over! We are excited that beginning on July 1, 2025 Dr. Luck will be joining our practice full-time. As our facial plastic surgeon, Dr. Luck is known for his genuine and individualized approach with each of his patients. We invite you to schedule a free facial rejuvenation/facial augmentation consultation with Dr. Luck.

