

# Happy July

July 2025 Newsletter



## A NOTE FROM OUR OFFICE:

Welcome to our July newsletter! We are excited to announce that Dr. Luck is officially here full-time starting today!

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



*Welcome*

Dr. John Luck

This Newsletter  
Includes:

Procedure Highlight:  
*Arm Lift*

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SPA Highlight:  
*Purity That Works Products*

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Featured Blogs

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Latest  
Google Reviews

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Staff Updates





# LEARN ABOUT ARM LIFT SURGERY



**Overview:** An arm lift is a popular body contouring procedure designed to address hanging skin in the upper arms for improved definition and contour. Whether as a result of gravity, the natural aging process, or significant weight loss, excess skin usually congregates in the region from the underarm to the inner elbow.

## How Long Do Arm Lift Results Last?

Those who undergo an arm lift typically enjoy their body contouring results for decades and do not seek out future treatment. The final outcome can last for a lifetime if you preserve your results with healthy lifestyle choices.

## What will my scars look like?

Some amount of scarring after any surgery is inevitable, but our surgeons take great care to achieve the most inconspicuous arm lift scars possible. The most common incisions are placed either on the inside of the arm, or along the back of the arm. The technique utilized during your procedure will depend on your needs and the amount of skin laxity experienced. Regardless of the incision pattern, patients typically find that their scars heal very well and fade over time.



## What is Recovery for an Arm Lift Like?

After surgery, the cosmetic result from an arm lift should be immediately apparent and generally improves as swelling dissipates. An ACE™ bandage will be temporarily worn over the area to facilitate proper healing and the natural contraction of your skin. Mild bruising may occur, but usually fades within a few days. Many patients can return to their normal daily routines within one week, although strenuous activity and aerobic exercise should be avoided for three additional weeks.





**Click here to learn more**



LEARN ABOUT **PURITY THAT WORKS™**



Purity That Works™ is made from plant-based antioxidants and the purest, most effective active ingredients. These biocompatible agents take advantage of the body's natural healing properties to protect against harsh environmental irritants, making your skin healthier and more youthful. They were formulated with rigorous clinical and medical oversight, finally giving patients the skincare solutions they can trust. Available exclusively at Gryskiewicz Twin Cities Cosmetic Surgery. We offer Hydrating Facial Mist, Moisturizing Cream, Sunscreen, 20% Vitamin C Serum, and Calming Cream Cleanser to simplify your skincare regimen with pure, innovative results.





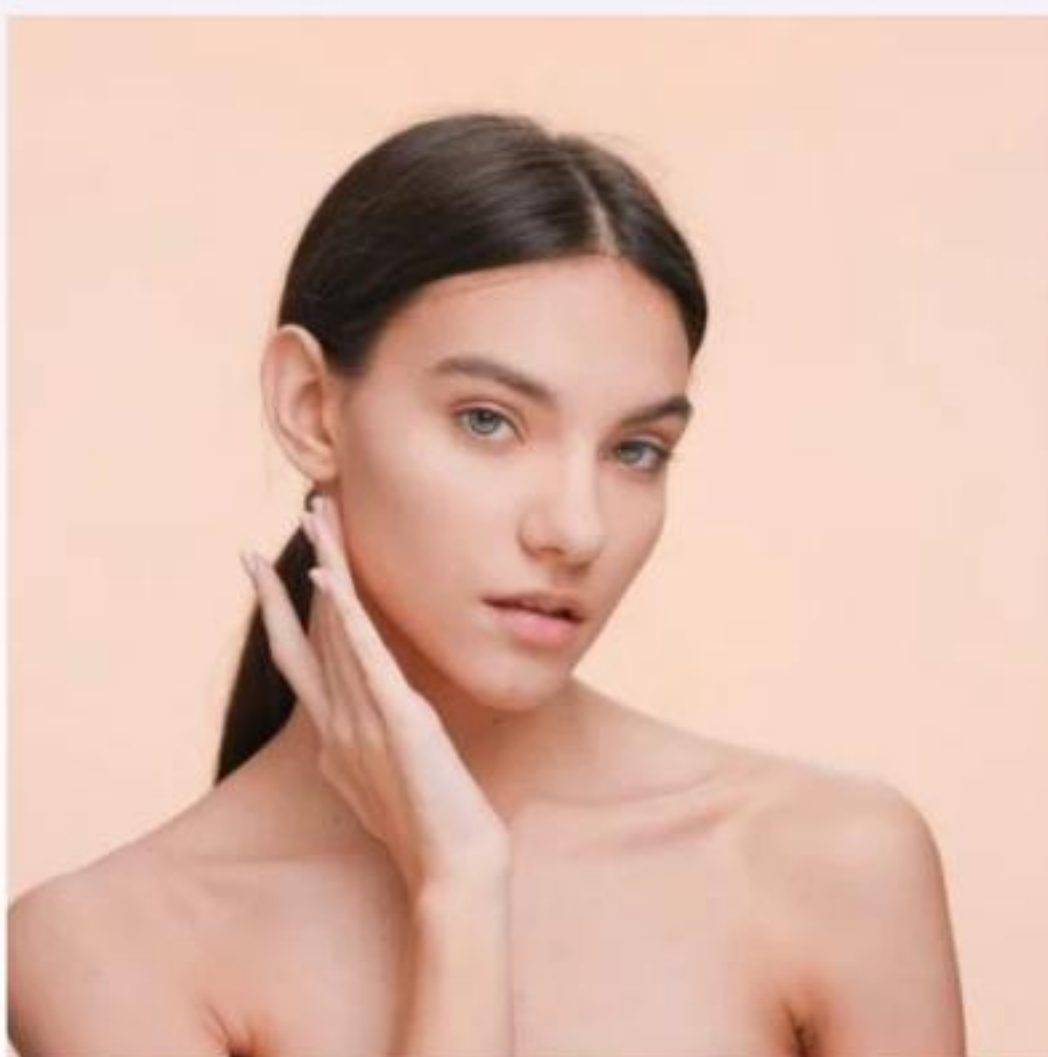
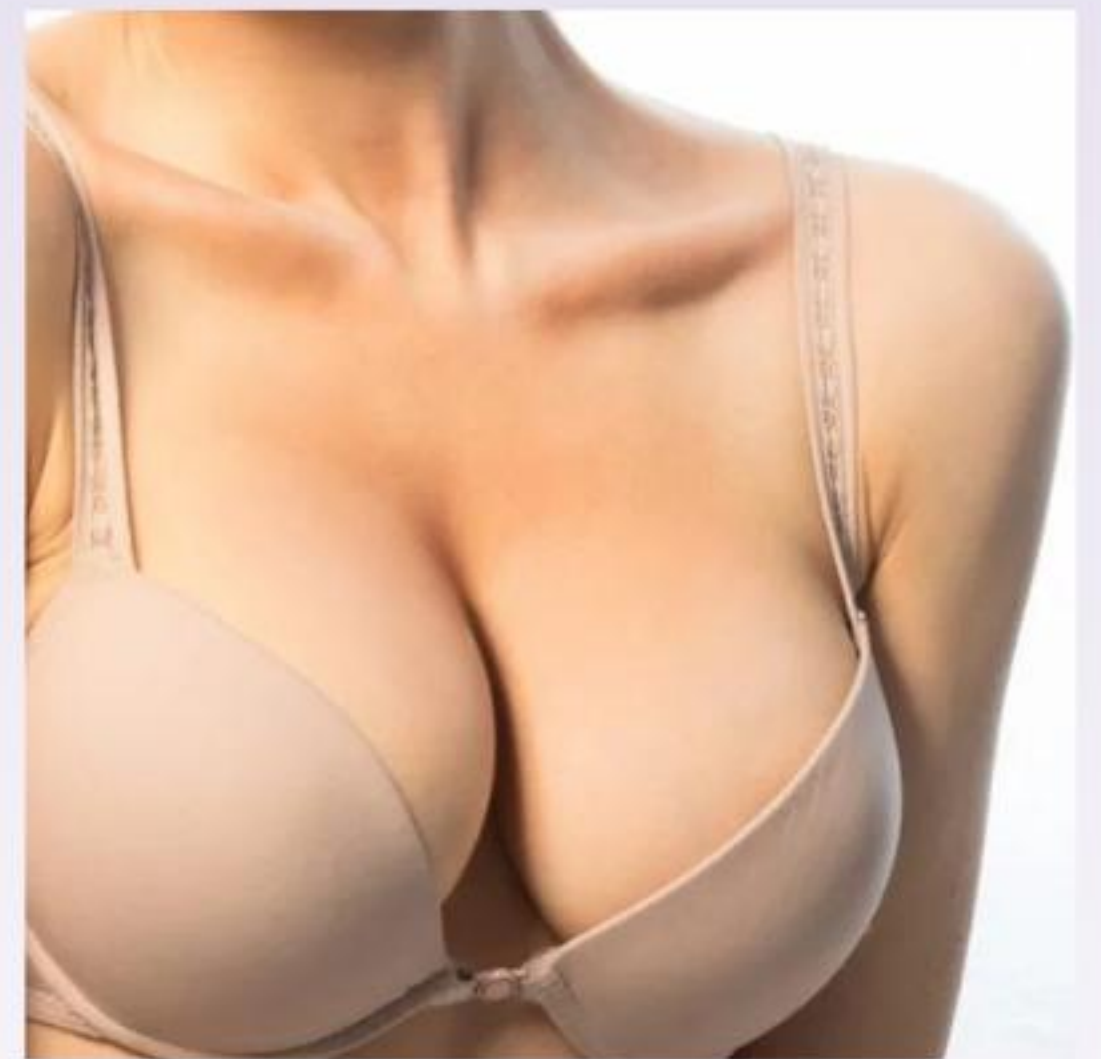
### **Staff FAVORITE: Hydrating Facial Mist**

This spritz-on formula is ideal for parched skin or drier months. Its formula naturally hydrates and moisturizes with Pro-Vitamin B5, 13 herbal extracts, and essential oils. Perfect for over or under makeup, on the go, and at home. Hydrates, heals, and moisturizes, a must for your skincare routine!

## FEATURED BLOGS

### **How to Get More Cleavage**

Many patients in Minnesota seek ways to achieve more cleavage for a fuller, more sculpted chest. Cleavage is influenced by multiple factors, including breast size, shape, implant placement, and skin elasticity. Whether you're looking for a subtle enhancement or a dramatic transformation, there are both surgical and non-surgical options to help you achieve your desired look.



### **How to Get Thinner Cheeks and a Slimmer Face – Many Options**

Do you want thinner, more defined cheeks that highlight your natural facial features? You're not alone. Many people desire a slimmer, more contoured face that radiates confidence and beauty. Fortunately, there are various surgical and non-surgical options available to help you achieve the look you've always wanted.

### **How Nose Anatomy Impacts Your Nose Surgery – What You Need to Know**

Understanding the anatomy of the nose and the various aspects of nose surgery can help us appreciate its complexity and the potential benefits of surgical interventions. In this article, we will explain nose anatomy and common nose surgeries.





# GOOGLE REVIEWS



10/10 experience every time!! I can't recommend them more. They are truly the best!



Dr. Joe Thanks so much you did really good job to me with my tummy I'm so happy I feel so good after 4 weeks I didn't take any pain medication ... I'm feel healthy and strong obviously much better 🥰



I had the best experience with Dr G and his staff!! I live 8 hours away and they accommodated for the distance with virtual consults and follow ups as well and the day prior I was able to do all my pre op. My results are amazing!! ... His rapid recovery surgery is so worth the extra money! I will be back some day!

## STAFF UPDATES

### Dr. Luck Starts Full-Time!

The wait is OVER! We are excited that starting today, Dr. Luck will be seeing patients at our practice full-time. Dr. Luck is seeing patients at our Edina & Burnsville clinics. You can schedule your free consultation, neurotoxin or filler appointment by calling or texting our office. *He will be offering consultations once a month on Saturdays, beginning on July 12th.*



### Dr. Luck's Birthday

We will be celebrating Dr. Luck's birthday on July 20<sup>th</sup>! If you see him be sure to wish him a happy birthday!



### Bobbie's Work Anniversary

On July 29<sup>th</sup>, Bobbie will be celebrating her 3rd work anniversary! Bobbie assists Dr. Joe & Dr. Luck in the operating room as a Certified Surgical Technician. She also serves as patient consultant in clinic assisting patients with their surgical journey! If you see her be sure to congratulate her!

