

Fresh Focus for February

February 2026 Newsletter



Welcome to This Month's Newsletter

This month, we're thrilled to share insights about the Mommy Makeover and highlight the transformative benefits of chemical peels.

Be sure to explore our featured blogs and read the latest Google reviews from our happy patients!

We are dedicated to supporting you at every stage of your surgical or non-surgical journey to help you achieve your goals!

This Newsletter
Includes:

Learn About:

*Mommy
Makeover*

SPA Highlight:

Chemical Peels

Featured
Blogs

Latest
Google Reviews

Staff
Updates



LEARN ABOUT MOMMY MAKEOVER PROCEDURES

What is Mommy Makeover?

A Mommy Makeover is a customized combination of surgical procedures designed to restore the body after pregnancy, childbirth, and breastfeeding. It typically addresses the breasts, abdomen, and other areas of stubborn fat.

What procedures are included?

Common procedures may include:

- Breast augmentation and/or breast lift
- Tummy tuck (abdominoplasty)
- Liposuction
- Fat transfer (optional)

Each Mommy Makeover is tailored to the patient's anatomy and goals.

Am I a good candidate for a Mommy Makeover?

Ideal candidates are:

- Finished having children
- At or near a stable, healthy weight
- In good overall health
- Non-smokers or willing to stop smoking before & after surgery
- Have realistic expectations about outcomes

What is recovery like?

- Swelling and soreness early on
- Light activity after 1–2 weeks
- Normal activities around 3–6 weeks
- Full healing over several months

Recovery varies based on procedures performed and individual healing.

At Gryskiewicz Twin Cities Cosmetic Surgery, Dr. Joe Gryskiewicz and Dr. John Luck understand that pregnancy, childbirth, and breastfeeding can lead to lasting changes in a woman's body that diet and exercise alone cannot correct. A Mommy Makeover is a highly personalized surgical approach designed to restore balance, strength, and natural contours while honoring each patient's individual anatomy and goals.

BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER



LEARN ABOUT CHEMICAL PEELS



Chemical peels are a widely sought-after treatment for skin rejuvenation, aimed at improving the skin's appearance by eliminating its outer layers. They effectively diminish wrinkles, sunspots, and uneven texture, resulting in smoother, more youthful skin.

What skin concerns can chemical peels treat?

Chemical peels can improve:

- Fine lines and wrinkles
- Sun damage and age spots
- Acne and acne scarring
- Uneven skin tone and texture
- Melasma and hyperpigmentation
- Dull or congested skin



Are there different types of chemical peels?

Yes. Chemical peels are customized based on your skin type and goals:

- Superficial peels : Light exfoliation (epidermis) - brightens, smooths texture, minimal downtime
- Medium-depth peels : Penetrate into the dermis - improves pigmentation, fine lines, acne scars,; moderate downtime
- Deep peels: Mid-reticular dermis - dramatic resurfacing for severe wrinkles/scars; longer downtime and aftercare



How do I know which peel is right for me?

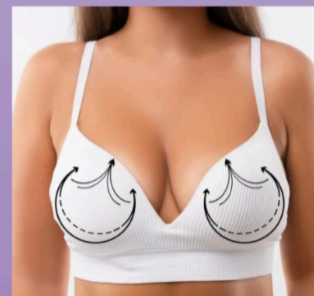
Our Advance Practice Estheticians will evaluate your skin, discuss your concerns, and recommend the safest and most effective peel for your skin type, lifestyle, and desired results.



FEATURED BLOGS

What is the Internal Bra Technique for Breast Surgery?

You might have heard the term "internal bra" and wondered what this innovative and increasingly popular internal bra technique might be! This surgical technique has been making waves in the world of breast surgery, offering patients a new way to achieve natural-looking, long-lasting results. [Click here to read more.](#)





How to Treat Your Tummy Tuck Scar to Get Better Results

A tummy tuck (or abdominoplasty) typically leaves a scar running along the lower abdomen, just above the pubic area, and sometimes around the belly button. Your plastic surgeon aims to place this scar where it can be hidden by underwear or swimwear. It might start as red or pink and gradually fade over time, but the way you care for it can make a big difference in its appearance. [Click here to read more.](#)

How to get firmer breasts – Surgical Solutions for deflated breasts

Many women get deflated or sagging breasts as they age. This is normal, as breasts can change like any other part of the body, especially as we age, post pregnancy or after weight loss. If your breasts are sitting lower on your chest, your nipples point downwards or the top of your breasts are not as full as it used to be, breast surgery can help. [Click here to ready more.](#)



GOOGLE REVIEWS



Dr. Joe and his team are amazing. Every person I met was kind, caring and professional. What a great experience. Highly recommend!



I was so nervous about getting any kind of work done on my face but I was forced to get my bottom lip worked on due to a falling accident at my job back in 2020. ... eventually scarred up and left a scar/ bump that made my lips incredibly asymmetrical to the point where I did not want to smile anymore...
Dr. Luck doesn't know how he's changed my life in this 30 min procedure but he did. ... As always, I love love the staff there everyone is always so friendly and accommodating, and most of all professional. I commute all the way from Saint Michael but every time I do it's worth it!!



Dr. Joe is the BEST! I feel like a new woman after my breast augmentation + minor liposuction performed by him. My entire experience was incredible. All of his staff are so kind, knowledgeable, helpful, supportive, and consultative. **Dr. Joe gave me my dream outcome. Couldn't recommend him more** and I wish I would have done this years ago! I have had extremely easy recovery process and I attribute it to his quick-recovery method. I've been making all of my friends consider doing it themselves as they're jealous. Thank you Dr. Joe!!!

OFFICE UPDATES

Valentine's Day Gift Ideas

Treat your loved one to a SPA Service this Valentines Day. Our wide range of spa treatments, skincare, or gift certificates are the perfect way to show how much you care. *Purchase a \$100 gift certificate, get an additional \$10; Purchase a \$200 gift certificate, get an additional \$20!*



Save the Date: FREE Peel Event

Mark your calendars for our Peel event taking place on Friday, February 20th, at the Burnsville office.
First-time peel patients can enjoy a complimentary peel!
Call or text the office to RSVP!



Celebrating Melanie's Birthday!

Happy Birthday to our office manager, Melanie! Melanie's infectious positivity and unwavering dedication inspire us every day. We hope her special day is filled with all the things she loves most. Here's to another fantastic year ahead!

