



GRYSKIEWICZ

Twin Cities Cosmetic Surgery



ULTIMATE PROCEDURE GUIDE

MOMMY MAKEOVER

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Mommy Makeovers explained

What is a 'Mommy Makeover'?

The main goal of a mommy makeover is to help restore the shape and appearance of a woman's body after pregnancy.

It's no surprise that women often notice changes in their bodies following childbirth, most commonly to their breasts, abdomen and waist. A mommy makeover is typically performed as a single stage procedure and aims to help women regain smoother, firmer body contours and restore breasts to their pre-pregnancy position and fullness.

The overall surgical approach and techniques involved in mommy makeover surgery will vary depending on various factors. Your chosen Board Certified Plastic Surgeon will ultimately advise you on the best surgical approach for you.

You should take the following into consideration before attending your initial surgical consult:

Desired amount of restoration

What areas of the body are your main concern, and what are your expectations post-surgery?

Single or multiple stage procedures

Would you prefer to have multiple procedures at one time or individual procedures over a period of time? Depending on the type of procedures included in your mommy makeover, your Surgeon will advise on the best approach, whether single or staged, to help achieve your desired outcome.

Type of Breast Surgery

Mommy Makeovers may include a Breast Augmentation, Breast Lift (with or without implants) or Breast Reduction surgery or a combination.

Placement of the incisions & type of implants used

If you opt for Breast Augmentation or a Breast Lift with implants, you will need to consider the incision location for your surgery as well as the type (including brand, shape and size) of breast implants you would like used.

Mommy Makeovers explained



What's involved?

Mommy makeover surgery should be fully personalized to reflect your needs and desired surgical outcome as discussed with your chosen surgeon during a consultation.

Not all women may need or choose to have all of the procedures that often make up a mommy makeover; you may desire to only have one of them.

The only way to determine the amount and type of procedures required to achieve your desired results is to speak to a Board Certified Plastic Surgeon.

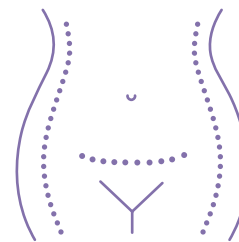
With that in mind, the following list can give you an idea of what procedures are typically included in a Mommy Makeover.



Tummy Tuck (Abdominoplasty)

A Tummy Tuck, also commonly referred to as Abdominoplasty surgery, is a procedure that improves the shape and profile of your abdominal area, removing excess skin often caused by pregnancy that diet and exercise alone does not treat.

The treated area includes the belly and waist, helping to reduce fat and excess, loose or saggy skin. In some cases, it also involves restoring weakened or separated abdominal muscles known as Diastasis Recti which is a very common condition after pregnancy.

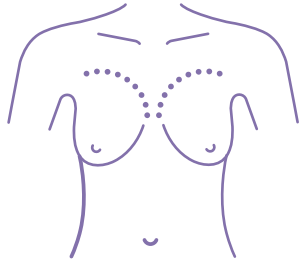


Liposuction

During Liposuction, also known as 'lipo' or 'lipoplasty', a small, thin tube, called a 'cannula' is inserted through small incisions in the skin to remove targeted fat deposits.

Liposuction is sometimes performed at the beginning of a tummy tuck procedure to reduce stubborn fat deposits around the abdomen before the surgical removal of the excess skin and fat.

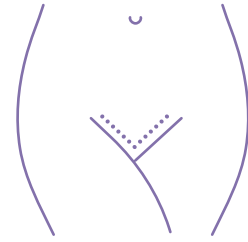
Mommy Makeovers explained



Breast Lift (Mastopexy) with or without implants

A Breast Lift involves the reshaping and lifting of the breast to remedy droopy or sagging breasts. This procedure often appeals to women who have experienced changes to the position, shape and volume of their breasts following pregnancy and breastfeeding.

A Breast Lift can be combined with other surgical procedures, with the most common being the placement of breast implants to add shape and volume to the breasts as well as lifting them.



Labiaplasty

Sometimes the labia minora (the delicate, hairless skin of the inner labia) stretches substantially during childbirth. This can cause the labia minora to protrude beyond the protective labia majora, which can often be uncomfortable.

As a result, because the labia minora is so sensitive, it can be prone to chafing, making it difficult and sometimes painful to exercise or engage in sexual activity.

Fortunately, a Labiaplasty can be used to correct this problem. During the procedure, excess skin is carefully removed from the labia minora. Once healed, the labia will once again be both functional and comfortably protected by the labia majora.

Am I a good candidate?

How do I know which procedures are right for me?

Am I a good candidate for Breast Lift surgery with/without implants?

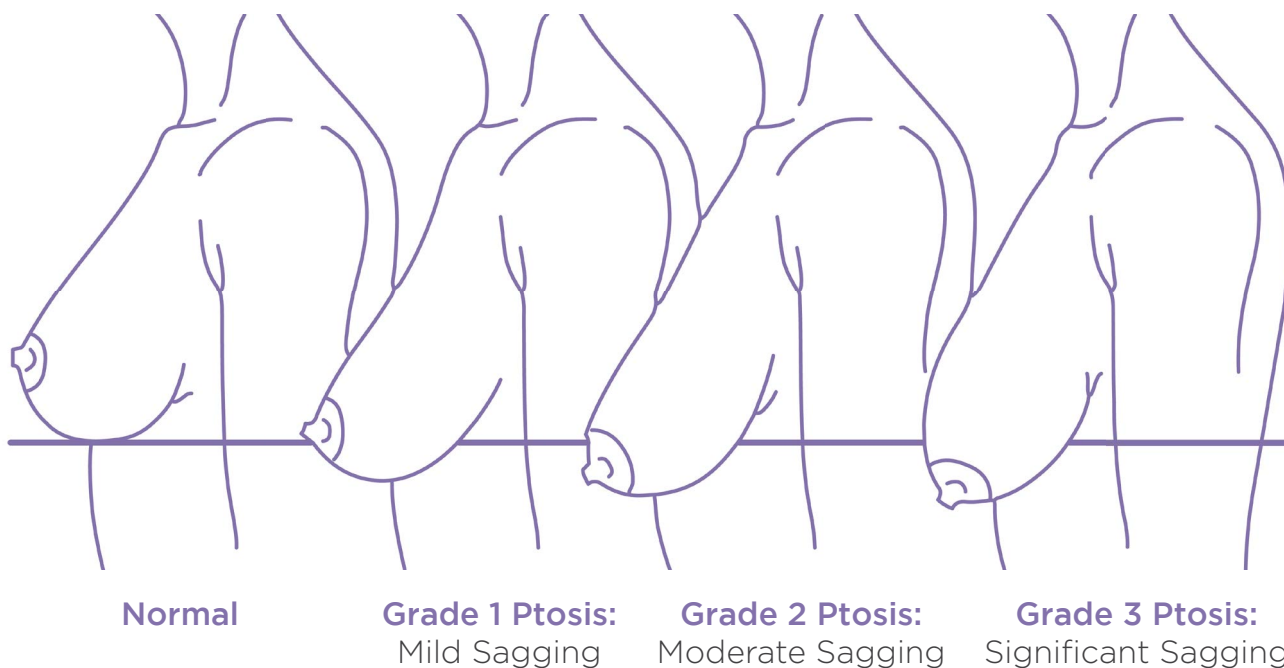
If you answer 'YES' to a majority of the questions below, than Breast Lift surgery is likely to be the right procedure to include in your mommy makeover:

- Have your breasts lost their shape and volume, and does their pendulous positioning on your chest bother you?
- Have your breasts developed a flatter, elongated shape following pregnancy and breastfeeding?
- When unsupported, do your nipples fall below the breast crease or point downwards?
- Is your breast tissue stretched and/or do you have enlarged areolas?
- Does one of your breasts sit lower on your chest than the other?
- Has childbirth left your breasts looking deflated?
- Would like to restore your breasts to a better shape or position?

Am I a good candidate?

Degrees of breast sagging (ptosis)

Breast Ptosis refers to sagging of the breast, which will often occur naturally over time as a result of ageing, genetic factors or following pregnancy.



How do I know whether I need a Breast Lift or a Breast Augmentation?

Breast Lift Surgery can be a great solution for women who want uplifted, firmer looking breasts and the increased body confidence that often comes after this surgery.

All female breast tissue tends to droop, stretch and lose elasticity over time. Other parts of the body may also droop and sag, but many women notice sagging breast tissue first and often want to do something about it.

Breast ptosis refers to sagging of the breast, and there are several degrees of ptosis measured against the crease beneath your breast tissue, e.g. along the rib cage under your breast (the inframammary crease).

There are a number of different Breast Lift procedures available.

Your chosen Surgeon will recommend a particular approach depending on the degree of ptosis you have experienced, the amount of existing breast tissue you have and your desired results.

Am I a good candidate?



Am I a good candidate for Tummy Tuck surgery?

If you answer 'YES' to a majority of the questions below, than Tummy Tuck is likely to be the right procedure to include in your mommy makeover:

- Have you been left with excess, loose skin or persistent bulges around your tummy area following pregnancy and breastfeeding which diet and exercise alone cannot help?
- Are you experiencing reduced body-confidence due to bulges & sagging skin around your abdomen, which stops you from wearing fitted clothing or from feeling confident when wearing swim wear, lingerie or underwear?
- Would you like to balance out your physique and overall body shape. For example, you may have slimmed down everywhere else but the bulges or skin redundancy around your abdomen area causes you to appear heavier and less fit than you actually are.
- Do you wish to repair and gain greater control of your abdominal muscle wall that has weakened or separated (Diastasis Recti) as a result of pregnancy?

Am I a good candidate?

Am I a good candidate for Liposuction treatments?

If you answer 'YES' to most of the questions below, than you may opt to include Liposuction in your mommy makeover to reduce stubborn pockets of fat around your tummy, hips or thighs:

- Are you at a healthy weight but still unhappy with the overall shape of your body or the appearance of certain uneven or bulky areas even though you're fit and healthy?
- Are you self conscious about bulging fat pockets that will not budge even after exercise and healthy diet?
- Do you want to target fat reduction in a specific area or number of areas, such as your stomach or hips without impacting your entire body shape?



Am I a good candidate for Labiaplasty surgery?

If you answer 'YES' to a majority of the questions below, than you are likely to be a good candidate for Labiaplasty surgery.

- Do you have long or 'hanging' vaginal lips?
- Do you find that you experience labial discomfort, pain, or irritation? Often particularly during certain activities or while wearing certain clothes.
- Do you experience discomfort or embarrassment during intimacy?
- Do you experience dryness in the area?



The surgical process

Surgery checklist

Before you decide on your Surgeon or proceed with Breast Lift Surgery, there are a few important questions to consider:

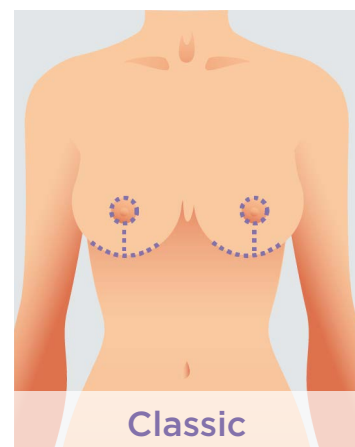
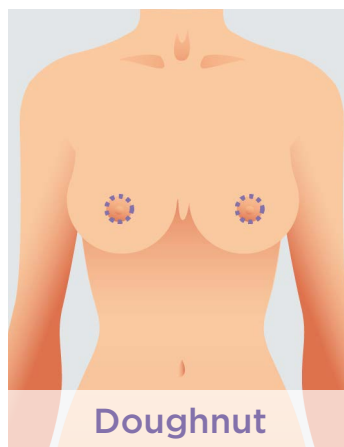
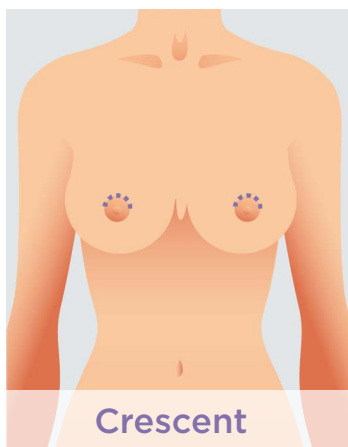
- Is my preferred Surgeon a highly skilled, Board Certified & experienced Surgeon?
- Is my Mommy Makeover surgery going to be performed in a fully accredited Surgery Center or Hospital?
- Am I in good health and do I maintain a nutritionally healthy lifestyle?
- Do I have realistic expectations about what Mommy Makeover surgery can actually achieve?
- Am I choosing to have surgery for the right reasons and at the right time?
- Am I able & willing to undergo an initial recovery period of approximately 4-6 weeks?
- Do I have someone (a friend, partner or relative) who can assist me during my recovery, and am I patient to wait until all the swelling goes down before I see my final results?

Breast Lift (with or without implants)

The procedure itself generally lasts for 2-3 hours, (this will vary from patient to patient) and is performed while you are under general Anesthesia.

The Surgical Approach

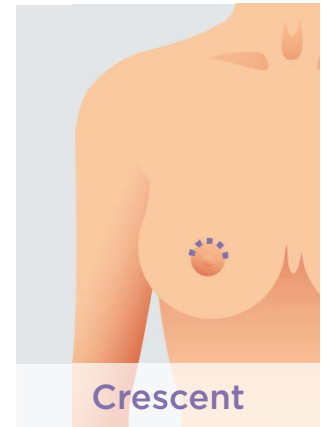
There are different types of Breast Lift procedures that your Surgeon may perform, these include the following:



The surgical process

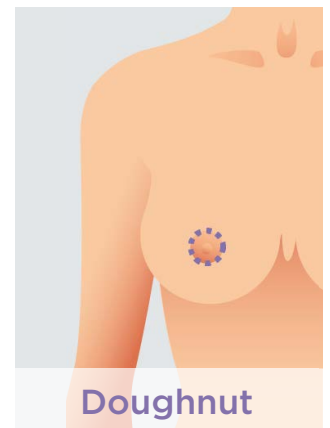
Crescent Breast Lift

- This procedure is known as a Crescent Lift or Nipple Lift and is a simple Breast Lift that corrects mild, or Grade I, ptosis.
- It involves removing a crescent or half-moon pattern of skin horizontally along the top of the areola. This leaves a curved scar along the top half of the areola. Crescent Mastopexy can be used when the nipple needs to be raised about half an inch.
- A Crescent Lift works well in combination with Breast Augmentation because the implant's volume also supports the nipple in an upward direction. Some surgeons prefer to place the implant on top of the muscle in a mastopexy procedure.



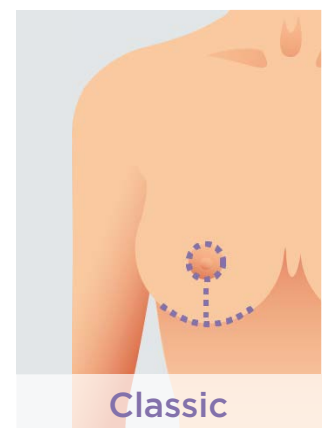
Doughnut Breast Lift

- A Doughnut Breast Lift is typically considered less invasive than other types of breast lifts and it will correct mild to moderate ptosis in the Grade I or Grade II range.
- Doughnut or Concentric Mastopexy involves a circular incision around the nipple. A doughnut, or ring of skin anywhere from one-half to two inches is removed. Upon closure, the breast skin is tightened around the open doughnut as the nipple is elevated.
- This procedure is appropriate in a limited number of patients with smaller breasts and minimal sagging. It may flatten the breast slightly and cause radiating folds of skin, but the technique can avoid more extensive scars.
- Doughnut Mastopexy may be extended with additional skin removal from below the breast, which helps support the breast upward.



Classic Mastopexy Breast Lift

- A Classic Mastopexy Breast Lift is also known as an Anchor Lift and corrects severe Grade III ptosis.
- This procedure has various forms. The most common incision follows the natural contour of the breast, with skin removed around the nipple, down the breast front, and horizontally along the crease. Internal tacking is often placed to support breast tissue higher on the rib cage.
- The nipple and areola are moved higher. Surrounding skin is pulled tight to shape and support the breast. This leaves an anchor-shaped incision. If an implant is placed, it will further support the breast.



The surgical process

Closing the Incisions

- After your breasts are reshaped and excess skin is removed, the remaining skin is tightened as the incisions are closed.
- Dissolvable sutures are layered within the breast tissue to create and support the newly shaped breasts, and are also used to close the skin.
- Some incision lines resulting from breast lift are concealed in the natural breast contours; however, others may be visible on the breast surface.
- Many women desire the smallest scar possible. However, an experienced Plastic Surgeon will recommend the incisions which best suit your particular needs and customize your surgery accordingly.
- It is important that you listen to your surgeon and do not diminish your result by demanding an incision that will not be appropriate for your level of breast ptosis.

Recovery & Healing

- Your recovery and healing period begins after surgery.
- Although you will be able to see the results of your Breast Lift surgery almost immediately, it can take up to 6-8 weeks for post-surgical swelling to resolve properly.



Tummy Tuck (Abdominoplasty)

What are my options?

There are a number of different approaches to Tummy Tuck surgery which may be suitable for a Mommy Makeover.

The type of Tummy Tuck surgery you may require will depend on the level of excess, sagging skin around your abdominal area and your desired result.

These include the following:

- Full Abdominoplasty
- Mini Abdominoplasty
- Fleur-De-Lis Abdominoplasty

The surgical process

Full Abdominoplasty

A **Full Abdominoplasty** involves the surgical reduction of excess skin and fat from the middle and lower abdomen in order to tighten the muscles and fascia (connective tissue) of the abdominal wall.

A full Abdominoplasty procedure is often ideal for those who have excess, sagging skin around the abdomen area as a result of pregnancy or ageing.

Fleur-De-Lis Abdominoplasty

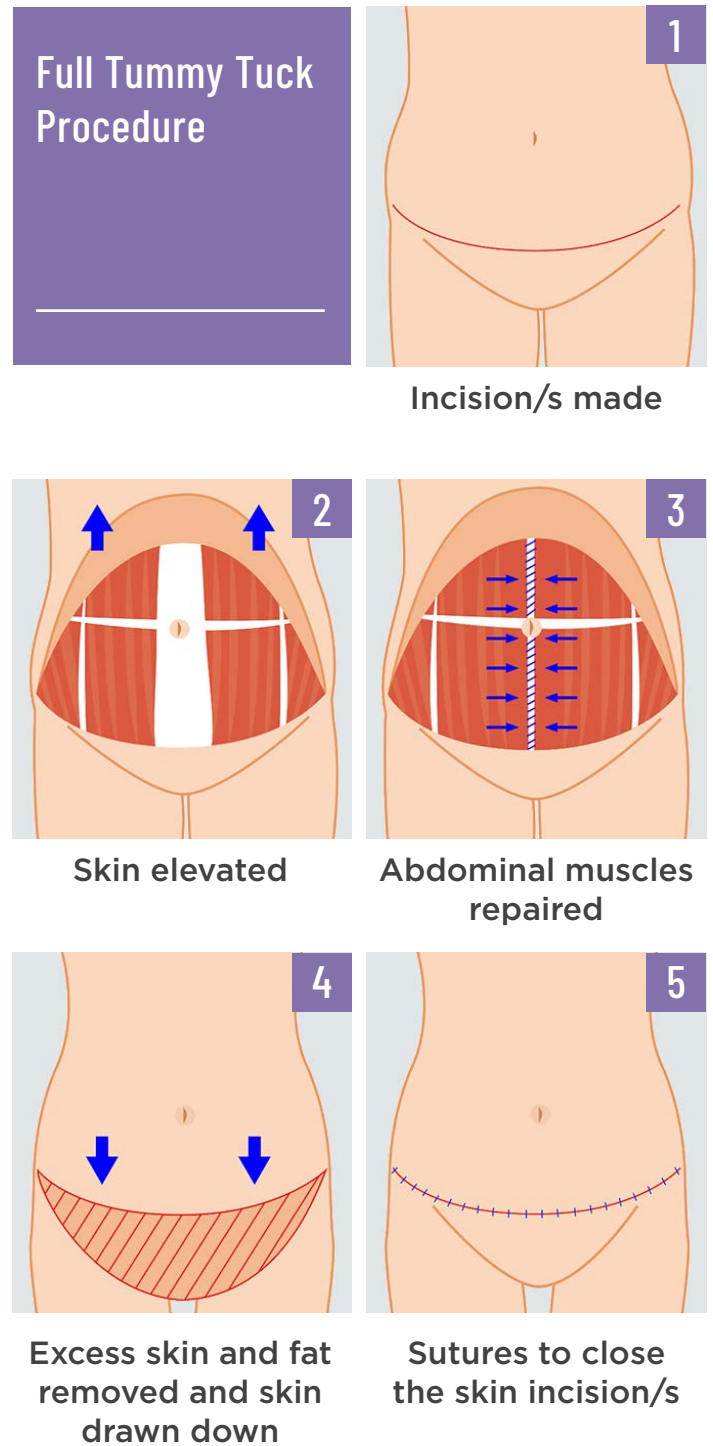
A **Fleur-De-Lis** is a body contouring procedure that reduces excess skin and fat and helps provide access to the damaged muscles in the stomach.

This technique is performed similar to a traditional tummy tuck, with the addition of a vertical incision to better address the excess abdominal skin above the navel and is ideal for those requiring more skin removal than a full or mini abdominoplasty.

Mini Abdominoplasty

A **Mini Tummy Tuck** is a slightly modified Abdominoplasty procedure that uses a smaller incision than what is commonly used for a Full Tummy Tuck.

This procedure is typically ideal for patients who require a smaller amount of loose skin to be removed around the lower abdomen, and who do not have a fully separated abdominal wall as this can't be repaired with a Mini Tummy Tuck procedure.



The surgical process

Tummy Tuck surgical approach

- Medications and General Anesthesia are administered for your comfort during your Tummy Tuck surgery.
- A Full Tummy Tuck procedure requires a horizontally-oriented incision in the area of the pubic hairline (or between the pubic hairline and belly button). The shape and length of your incision line will be determined by the degree of correction necessary.
- A second incision around the belly button may be necessary to remove excess skin in the upper abdomen. Skin is separated from your abdominal wall and all the way up to the ribs.
- The surgeon then draws your underlying muscles and tissues together with sutures. This will narrow your waistline and strengthen the abdominal wall and help correct split abdominal muscles.
- Abdominal skin is drawn down and any excess skin is removed. Re-positioning of the navel is also performed if required. Sutures, skin adhesives, tapes or clips close the skin incisions from your Tummy Tuck.
- You'll need to wear a compression garment for up to 6 weeks or longer after your surgery to enhance your results.
- The final results may be initially obscured by swelling and your inability to stand fully upright until internal healing is complete. Typically, swelling will begin to minimize within the first two weeks following your surgery and will continue to improve throughout your recovery period.
- Incision lines can take from 12 to 18 months to fully mature, and scar formation can vary from patient to patient. Broad Band Light, Moxi Laser Treatments and SkinPen can assist with healing and minimisation of surgical scars.



The surgical process

Liposuction

Liposuction may be used alongside your tummy tuck procedure to remove stubborn pockets of fat from your abdomen area and to reduce excess fat which may have developed in areas such as your hips.

The Surgical Approach

The time taken for your procedure will depend on your chosen treatment area/s, your body size and the degree of surgical difficulty.

Anesthesia

Medications are administered for your comfort during the procedure.

One of the most popular types of Liposuction, known as 'Tumescent Liposuction' requires a diluted fluid of local anesthetic and epinephrine (capillary constrictor) to be injected into the area/s of fat being treated to help reduce pain & bleeding.

The incision/s

- Liposuction is performed through small, inconspicuous incisions.
- The small incisions are made so that a thin tube, known as a cannula, can be inserted into the treatment area/s.

The 'Liposuction' process

- As the name itself implies, high-tech suctioning equipment (lipo suction) is a key component of Liposuction fat cell reduction.
- A cannula is inserted through the small incision to loosen excess fat using a controlled back and forth motion.
- The dislodged fat is then suctioned out of the body using a surgical vacuum or syringe attached to the cannula.
- The process is typically quick and rapidly excises excess fat from under the skin. Remember, Liposuction is not a weight loss tool.



The surgical process

Labiaplasty

The Surgical Approach

We perform all Labiaplasty surgery under general anesthetic, although some clinics will promote local anesthetic with or without sedation.

The surgical technique we prefer to use in Labiaplasty surgery is the wedge method.

Wedge Method

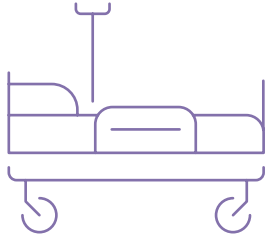
- The Wedge Method removes a wedge-shaped portion of the unwanted labium which reduces the bulk of the labia minora.
- The wedge of labial tissue is removed without affecting any functioning areas of the vagina
- This method can also help to reduce any excess tissue in those areas as well.

Recovery & Healing

- Luckily the vaginal area heals very quickly, meaning recovery for a Labiaplasty procedure is relatively minimal.
- Dissolvable stitches are used in the process of this procedure, which can result in discomfort for a few days as the stitches take around 7-10 days to dissolve.



Rest and recovery



Post operative recovery

The length of your recovery period will depend on your specific procedure and other health & lifestyle factors. Recovery times can vary significantly from person to person, however, the general rule is that you should allow 4-6 weeks for initial recovery following your surgery. Scar maturation often takes longer, up to a year or so.

You will need to work with your Surgeon to allow for adequate and proper healing time. It is important to consult with your Surgeon before returning to daily activities such as driving, lifting and exercise.

It is also important to wear the compression garments throughout your recovery period for the required time frames - these will be provided to you by your Surgeon.

Good results depend on a collaborative approach and a healthy lifestyle. You will need to be willing to follow the specific instructions given to you by your Surgeon, and attend all post-operative appointments.



Maintaining results

Every patient is unique and surgery results can vary from patient to patient. It is important to work collaboratively with your Surgeon and to keep your expectations realistic.

Please keep in mind that your results from Mommy Makeover Surgery may be impacted by fluctuations in your weight, skin health or Body Mass Index (BMI). Pregnancy and breastfeeding may also impact on your surgical results.

To maximize the longevity of your surgery results, it is important to maintain a healthy, nutritious lifestyle.

Mommy Makeover benefits

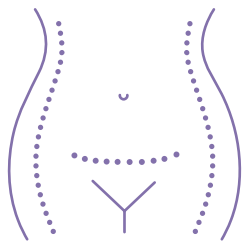
Benefits of a Mommy Makeover

Multiple procedures at one time

One of the greatest advantages of a mommy makeover is the ability to combine multiple plastic surgery procedures into a single surgical session.

For you, this means just one time under anesthesia and one recovery period to schedule. For busy mums with young children, one recovery time may be the best option.

Combining your procedures can even result in a cost benefit to you as you may save money on hospital/anesthesia fees.



Improved core strength and abdominal muscle control

Abdominoplasty Surgery will be able to repair your abdominal muscle wall if it has been weakened or separated as a result of pregnancy, a condition known as Diastasis Recti.

A strengthened abdominal wall can help you to have greater control over your abdominal muscles, as well as contribute to a stronger, more youthful abdominal appearance. For many patients, repair of the abdominal muscles can improve core strength, reduce back pain and incontinence.

Firmer, youthful and lifted breast appearance

The obvious, physical benefit of Breast Lift Surgery, as part of a mommy makeover, is firmer, lifted and more youthful looking breasts.

A Breast Lift can improve the appearance of drooping breasts by removing excess skin and lifting the inner breast tissue.

This procedure will also help to improve or correct your nipple appearance by reshaping and repositioning drooping or enlarged nipples that may have become stretched over time.

A Breast Lift can help to restore a youthful, 'perkier' breast appearance, and can also enhance your cleavage and body contours.



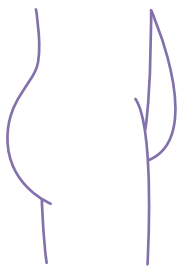
Mommy Makeover benefits

More clothing options

The changes to the appearance of your breasts and tummy following pregnancy and breastfeeding may have held you back from wearing the clothing you like.

Mommy makeover surgery may help to give you the confidence to wear the clothes, underwear, lingerie and swimwear you love, but have not felt comfortable to wear.

When you are no longer concerned about excess, sagging skin around your tummy or breasts that have lost their shape or volume, you may find yourself choosing more form-fitting clothing over baggy, shapeless outfits. This can be a huge bonus during a hot summer.



Smoother, firmer and more sculpted abdomen area

The most obvious benefit of Tummy Tuck surgery is the physical result: a sculpted and firmer abdominal area that is no longer weighed down by bulges & excess, sagging skin.

For Mums, you may notice your tummy looks more like it did before pregnancy and childbirth (although you can't completely turn back the clock).

Some individuals end up with abdominal areas that are even firmer and more sculpted than before pregnancy.



Confidence

The physical improvements often achieved by mommy makeover surgery may help you to feel more body confident and self-assured. Especially if you are a new mum and have previously found it challenging to adjust to your changed body shape post pregnancy.

Remember, a mommy makeover cannot perform miracles. And it is a serious procedure so there are certainly risks to consider.

With that noted, it can help provide an improved quality of life in those areas of life that were compromised by your concerns about changes to your body.

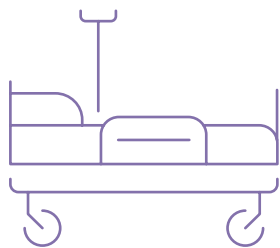
Frequently asked questions

How long should I wait after pregnancy to have a Tummy Tuck procedure?

We recommend waiting one year (12 months) after childbirth before having tummy surgery, this allows time for your body to recover and regulate.

You are most welcome to come in for a consultation at any time to plan for your upcoming surgery.

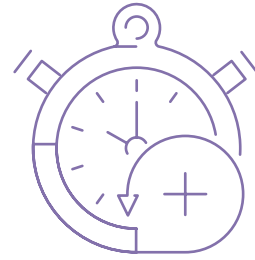
Early consultations can be very beneficial to help you prepare your body for the best surgery outcomes as well as plan your recovery time.



Will I need to stay overnight in Hospital after my surgery?

An overnight stay in Hospital is generally required for most mommy makeover procedures, this is so patients can be properly monitored and receive the best quality care.

Your chosen Surgeon will be able to advise you further about the length of your hospital stay and your post-surgery care requirements.



When can I return to work after my Mommy Makeover?

The time taken to recover before returning to work or other daily activities, such as driving, often varies from patient to patient, and will depend on the particular procedures included in your mommy makeover.

Typically most patients find they can return to work 2-3 weeks following surgery. If your work is physically demanding, it may take longer before you are able to return to full duties.



How about exercise?

We typically advise that you should wait at least 4-5 weeks before returning to mild to strenuous forms of exercise. Leisurely walking (not power walking, not jogging) is encouraged for circulation and fresh air.

However, you must advise your Surgeon before you return to any form of exercise or other similar activities.

Frequently asked questions



How long should I wait after breastfeeding to have Breast Lift Surgery?

We recommend waiting 3-6 months once you have finished breast feeding. This allows time for the milk to dry up and the breasts to settle.



Does Tummy Tuck surgery remove stretch marks?

Abdominoplasty surgery is generally unable to correct stretch marks. Following surgery, however, you may see an improvement to stretch marks if they are located in the area of excess skin that is being removed.

Be sure to ask your chosen Surgeon what your Tummy Tuck procedure can realistically achieve and do not expect to be stretch mark free after any procedure.

How do I know if I need Breast Lift surgery rather than a Breast Augmentation?

A Breast Lift procedure in simple terms, is lifting your breasts at their current size and making them sit higher than they are now.

If you want your breast higher and bigger this will require a lift with implants. A Breast Augmentation performed solely is making current breasts larger with no lift.

Your chosen surgeon will be able to advise you on the best surgical approach to gain to results you are after.



Should I have my surgeries combined or separate?

There are advantages and disadvantages for combining your plastic surgeries. One big advantage is the saving of time, money, and recovery downtime.

Depending on your overall health, ability to recover or for a better aesthetic result, your surgeon may ask you to do your surgeries separately - in a staged procedure.

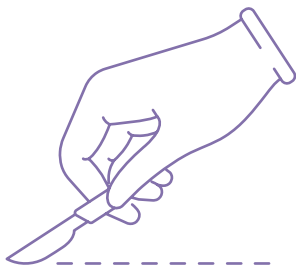
This can cost a little more but is done to reduce risks, such as chance of infection and to also get a better final result.

Frequently asked questions



How much will my Mommy Makeover procedure cost?

At your initial consultation, you will be given a detailed quote for your chosen procedure. This will include a Surgeon's fee, as well as surgery center and anesthesia fees.



What can be done to minimize any post-surgery scars?

Unfortunately, incisions are a part of Breast Reduction Surgery and you **will** have some form of a scar at the incision areas.

What you do after surgery will have an impact on scar formation. Follow your post-op instructions carefully and don't do too much too soon.

Be sure to talk to your Surgeon about the Scar Minimisation techniques available and what level of scarring you can expect.



What can I expect at my initial consultation?

At your initial appointment with your Plastic Surgeon you will typically:

- Have a physical examination.
- Have your photos taken.
- See Before & After photos from past patients.
- Find out more about surgical options.
- Receive detailed information about your selected surgery options.
- Go through the possible risks and complications associated with surgery.
- Find out about surgery pricing and available date(s).
- Have your questions answered; you can bring a friend or family member with you for support & an "extra set of ears".

Unanswered questions?

For a bigger list of FAQs and more information on the surgical process, visit www.tcplasticsurgery.com.

You can also talk to a staff member to answer any of your questions Monday thru Friday by calling or texting our office at 952.435.0177.

Choosing the right surgeon

How to find the best Plastic Surgeon for you

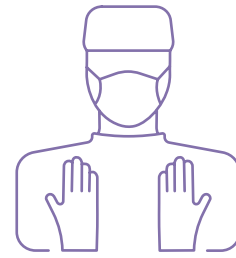
We understand that the quality of your results is dependent on finding the best plastic surgeon for your unique needs. While the importance of this decision can make the research process seem daunting, our team has outlined a few tips that can help you find a qualified plastic surgeon well-equipped to address your concerns:

- **Check a surgeon's board-certification and research their training.** With most plastic surgeons maintaining an online presence, you can easily find out about a surgeon's educational background and whether they've obtained certification from the American Board of Plastic Surgery.

This can narrow down your options and help you find a highly experienced plastic surgeon to perform your cosmetic surgery.

- **Find out whether they specialize in your procedure of interest.** It's generally in your best interest to enlist a plastic surgeon who specializes in, or frequently performs your chosen treatment.
- **Review patient gallery.** There is usually no better indication of what can potentially be achieved with a given procedure than a plastic surgeon's before-and-after photos.
- **Read patient reviews.** Feedback from individuals who have already been under a plastic surgeon's care can be invaluable to the research process.

Peruse online reviews from a multitude of third-party platforms, such as Facebook, Google, and Realself, to gain a comprehensive idea of a prospective surgeon's reputation.



Optimize your experience

In today's market, there are a variety of 'cheap' options when it comes to Plastic and Cosmetic Surgery procedures.

Although it may be tempting to go with a less expensive Surgeon for your surgery, choosing a highly qualified, experienced Plastic Surgeon who practices in the US should always be your highest priority.

So, what should I look for?

- A surgeon that is certified by the American Board of Plastic Surgery.
- A surgeon who operates in an accredited surgery center or hospital.
- Review before and after pictures on your surgeon's web site or social media Get recommendations from friends, family or your personal physician.
- Be sure you have a board certified anesthesiologist performing your anesthesia.

About Dr. Joe Gryskiewicz



About Dr. Joe Gryskiewicz MD, FACS

For more than 30 years, Joe Gryskiewicz, MD, FACS (*pronounced Gris-KA-vitz*) has practiced medicine in the Twin Cities of Minneapolis and St. Paul. He is a Clinical Professor at the University of Minnesota Cleft Palate Clinics School of Dentistry and is the past Chief of Surgery at Fairview Southdale Hospital in the Minneapolis suburb of Edina.

Dr. Joe is certified by the American Board of Plastic Surgery and received a certificate of special training in cosmetic surgery from the American Society of Aesthetic Plastic Surgery (ASAPS). He has also been an official spokesperson for the American Society of Plastic Surgeons (ASPS).

In addition to being in private practice, Dr. Joe is a writer and international speaker. He has traveled the world delivering over 500 presentations to professional organizations on plastic surgery.

Experience & qualifications

- University of St. Thomas, Bachelor's Degree in Nursing
- University of Minnesota, Medical School
- University of Wisconsin, Fellowship
- Fellow American College of Surgeons (FACS)
- The American Board of Plastic Surgery
- American Society of Aesthetic Plastic Surgery (ASAPS)
- American Society of Plastic Surgeons (ASPS)
- International Society of Aesthetic Plastic Surgery (ISAPS)
- The Aesthetic Surgery Education and Research Foundation (*Past President*)
- The Rhinoplasty Society (*Past President*)
- Minnesota Society of Plastic Surgeons (*Past President*)

Areas of expertise

Although he has extensive training in all aspects of cosmetic and plastic surgery, Dr. Gryskiewicz's special medical interests are Breast Augmentation, Rhinoplasty, Facial Plastic Surgery, and Body Contouring.

Dr. Joe and his team have an intense passion for helping patients achieve a happier, more beautiful self, through advanced treatments. His expertise in plastic and reconstructive surgery has been showcased through years of exceptional patient results



Before and afters

Mommy Makeover procedures

Before

After



Tummy Tuck results for patient after pregnancy



Tummy Tuck results for patient after pregnancy



Labiaplasty results

Scan the QR code below to view more patient before and afters:



Your next steps...



Get in touch

Schedule a confidential consultation at Gryskiewicz Twin Cities Cosmetic Surgery by phone or submitting an inquiry via our website.



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General Disclaimer: Results depend on individual patient circumstances and can vary significantly. Results may also be impacted by a variety of factors including your lifestyle, weight, nutritional intake and overall health. Consult your Specialist Plastic Surgeon for details. This information is general in nature and is not intended to be medical advice nor does it constitute a doctor-patient relationship. Surgery risks and complications will be covered in detail during a consultation with your Surgeon. Photography Disclaimer: Unless our photograph(s) or image(s) are marked with a copyright signal and Surgeon's name or Group Name, they are licensed stock photography, not patients.