

MANHATTAN BEACH PLASTIC SURGERY LYMPHEDEMA AND LIPEDEMA CENTER

JAY GRANZOW, MD

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SERVICES OFFERED

- Lymphedema and lipedema surgery
- Rhinoplasty
- Breast enhancement (augmentation, lift or reduction)
- Mommy Makeover
- Body contouring
- Abdominoplasty
- Facial rejuvenation (face/neck/eyelid lift)
- Injectables (Voluma, Juvederm, Botox)

“Spreading hope was never canceled.”

ACCENTUATE THE POSITIVE

My #1 piece of advice during this time of uncertainty is to stay positive. There is a lot of bad, but so much good. First responders in health and emergency services should be recognized and applauded. Stay connected to family and your support system both professionally and personally.

FOCUS ON HEALTH

I created the Lymphedema & Lipedema Center to restore and improve the quality of life of patients living with these diseases. I knew that if I could create an effective and innovative treatment system, it would make a huge difference in patients' lives. I studied with the most famous international lymphedema surgeons in Sweden and Japan before continuing my plastic surgery practice here in the South Bay.



TOP TIPS DURING THE PANDEMIC

We urged our lymphedema patients to continue with conservative therapies, which included keeping up with physical therapy appointments to the extent possible, exercising, wearing compression to provide relief to swelling extremities and keeping a healthy diet. We understand that daily comfort foods and watching pandemic updates took an occasional front seat.

WORKING FROM HOME

Every person suffering from lymphedema or lipedema deserves the opportunity to regain physical mobility and health. These are difficult and unique disorders. We have continued to speak to existing and new patients every day—while working from home. While we have had to delay consultations and surgeries for patients, we are preparing to resume our clinical practice soon. We are placing all of the necessary protocols in place to keep our team and patients safe. We also joined the world of Zoom and social media outlets to continue providing educational presentations to new audiences during the pandemic. Spreading hope was never canceled.

ALL IN THE FAMILY

Our office is a place where patients feel welcomed, cared for and understood. We are a community of like-minded patients and caretakers. As such, our patients are forever part of our extended family.

WORDS OF GRATITUDE

I am grateful that my family and staff stayed healthy and safe at home. I am especially grateful to have been able to spend more quality time with my wife, Amy, and children, Max and Cora—whether it was building a swing set, camping in the backyard, reading together or practicing jiu-jitsu. We enjoyed sharing many of these personal moments with our faithful social media followers, for whom we are most grateful.



PHOTOGRAPHED BY J.P. CORDERO (MAIN IMAGE), THAO MESSINGER (DR. GRANZOW), VILMA ZEPEDA (FAMILY)



Amy & Jay Granzow