Lip Filler Longevity Checklist

Reforme Lab - Toronto and Mississauga 2026

Habits that help your lip filler last

1. **Protect the first 48 hours**

   Skip the gym, sauna, alcohol, and touching your lips while filler settles.

2. **Wear SPF on your lips**

   UV breaks down hyaluronic acid and ages the delicate lip skin.

3. **Stay hydrated and eat well**

   Hydration keeps lips looking plump and healthy day to day.

4. **Be gentle with your lips**

   Avoid biting, licking, and harsh exfoliation that wears at the area.

5. **Know what shortens results**

   Fast metabolism, intense exercise, sun, and smoking can speed breakdown.

6. **Time your top-up before it fully fades**

   Refreshing early keeps your shape and often needs less filler.

Reforme Lab offers lip filler in Toronto and Mississauga. Book your complimentary consultation.

General information only, not medical advice. Lip filler is a medical treatment and results vary. Follow your injector's aftercare and consult a licensed practitioner. Reforme Lab is not liable for actions taken based on this guide.