

Combined Botox and Filler Visit Checklist

Reforme Lab - Toronto and Mississauga 2026

Before your combined injectable appointment

1 Book a complimentary consultation first

This is where your whole-face plan is built and same-day suitability is decided.

2 Share your full health history and medications

Include any history of cold sores, allergies, or blood-thinning supplements.

3 Skip alcohol and blood thinners beforehand where approved

This lowers the chance of bruising at filler injection points.

4 Arrive well hydrated and makeup-free if possible

It helps your injector assess and treat the skin cleanly.

5 Keep the next day or two low key

Minor swelling usually settles within 24 to 48 hours.

6 Ask for one plan, not two products

A full-face design reads as refreshed, not worked on.

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