Trusted XOMD Clinical Protocols from Our Founders

How Dr. Steven Dayan Uses XOMD to Support Post Operative Recovery

General Post-Operative Care (Facelift, Fat Transfer, Blepharoplasty)

(All guidelines may be adjusted based on Dr. Dayan's individualized recommendations.)

Days 0 to 3

- Keep all fresh incisions moist and protected with a thin layer of antibiotic ointment
- Avoid applying XOMD products directly to open wounds

Day 2

AM

- Cleanse with XOMD Detox Cleanser
- Apply XOMD Intoxicate Serum
- Apply XOMD Arouse Moisturizer

PM

- Cleanse with XOMD Detox Cleanser
- Apply XOMD Intoxicate Serum
- Apply XOMD Arouse Moisturizer

- Avoid all incision lines and fresh wounds

Day 3 to 10

- Continue XOMD Detox Cleanser, XOMD Intoxicate Serum, and XOMD Arouse Moisturizer in AM and PM on non-incised skin areas

- Transition incision care from antibiotic ointment to Aquaphor, applied lightly twice daily

Day 10 and Beyond

- Unless otherwise directed, resume applying XOMD Detox Cleanser, XOMD Intoxicate Serum, and XOMD Arouse Moisturizer in AM and PM liberally to the full face

- May resume pre-operative routine, unless advised otherwise



Rhinoplasty Post-Operative Care

Day 1 (Immediately Post-Operative)

AM

- Cleanse with XOMD Detox Cleanser
- Apply XOMD Intoxicate Serum
- Apply XOMD Arouse Moisturizer

PM

- Cleanse with XOMD Detox Cleanser
- Apply XOMD Intoxicate Serum
- Apply XOMD Arouse Moisturizer

◦ Avoid the cast area entirely

After Cast Removal (Day 7)

- XOMD Detox Cleanser and XOMD Intoxicate Serum may now also be applied twice daily to the nose
- Avoid Arouse Moisturizer on the nose during this week, unless directed

Day 14 (Seven Days After Cast Removal)

- Gradually resume all three XOMD products: Detox Cleanser, Intoxicate Serum, and Arouse Moisturizer in AM and PM

Dr. Dayan's Important Notes

- Healing varies for every patient
- All post-operative skin care may be modified at any time based on Dr. Dayan's assessment and guidance

