Trusted XOMD Clinical Protocols from Our Founders

Dr. Sabrina Fabi's Approach to Supporting Post Procedure Healing with XOMD

Nonablative Laser Resurfacing/ Microneedling RF / Chemical Peels / PDT
(ie: Fraxel Restore, Moxi, Halo, Clear and Brilliant)

Immediately After Treatment (Applied in-office)

- XOMD Intoxicate Serum
- Skinceuticals Phyto Corrective Mask
- XOMD Arouse Moisturizer
- Mineral based sunblock

Night of Procedure

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

After Day 1

Continue XOMD Detox Cleanser, XOMD Intoxicate Serum, and XOMD Arouse Moisturizer in AM and PM.

- Add mineral based sunblock in AM
  - May add Pomega Oil Capsules, If more aggressive resurfacing or peel was done

At 1 Week

- May resume growth factor, C and E, and retinoid (in PM, as tolerated)



After Fully Ablative CO2 Resurfacing

Day 2

- Add Cleansing twice daily with XOMD Detox Cleanser as part of post-care instructions

Day 7 to 10 (Once re-epithelialized) and Continue Daily Use

AM

- Cleanse with XOMD Detox Cleanser
- Apply XOMD Intoxicate Serum
- Apply XOMD Arouse Moisturizer
- Mineral based sunblock

PM

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

◦ May mix XOMD Arouse with ointment around eyes, if dryness persists
◦ Use Pomega Oil Capsules as needed during the day

At 1 Month

◦ May introduce growth factor serum in AM before XOMD Intoxicate Serum
◦ For patients with more melanin, may Introduce Alastin A-Luminate Brightenin Serum in PM, after Intoxicate Serum and before XOMD Arouse Moisturizer
◦ May introduce eye cream if they prefer to use one

At 2 Months

◦ May resume C and E, and Tretinoin (pea sized amount in PM)

Dr. Fabi's Important Notes

- XOMD Detox Cleanser is gentle enough for resurfaced skin and purposeful enough to remove dry exudate and debris
- XOMD Intoxicate Serum helps reduce inflammation that drives post inflammatory erythema (PIE) and post inflammatory hyperpigmentation (PIH) after resurfacing
- As some short chain HAs can irritate newly resurfaced skin, XOMD products provide hydration through sodium hyaluronate and beta glucan reducing the need for HA serums