If you want to create a XML document that is based on a XSD there are a few steps you need to walk through.

1) You will need to create .NET classes based on your XSD.  
2) You will need to create a new instance of that class and serialize the output.

Step 1 - Create a .NET Class from a XSD Document

A XSD file provides the blue print for a class. Here is a example of a XSD file:

<?xml version="1.0" encoding="utf-8"?>

<xs:schema elementFormDefault="qualified" xmlns:xs="http://www.w3.org/2001/XMLSchema">

<xs:element name="Person" nillable="true" type="Person" />

<xs:complexType name="Person">

<xs:sequence>

<xs:element minOccurs="0" maxOccurs="1" name="firstName" type="xs:string" />

<xs:element minOccurs="0" maxOccurs="1" name="lastName" type="xs:string" />

<xs:element minOccurs="1" maxOccurs="1" name="dateOfBirth" type="xs:dateTime" />

<xs:element minOccurs="1" maxOccurs="1" name="gender" type="Gender" />

<xs:element minOccurs="1" maxOccurs="1" name="height" type="xs:int" />

<xs:element minOccurs="1" maxOccurs="1" name="weight" type="xs:decimal" />

</xs:sequence>

</xs:complexType>

<xs:simpleType name="Gender">

<xs:restriction base="xs:string">

<xs:enumeration value="Male" />

<xs:enumeration value="Female" />

</xs:restriction>

</xs:simpleType>

</xs:schema>

Create a new folder to work in. I'm using 'C:\STACK'.  
Create new text file, copy and paste the XSD into it and save it as 'person.xsd'.  
Now we need to use the XSD.exe to convert this file into a class.  
You will need to find the XSD exe on your machine, for me it was in:  
C:\Program Files (x86)\Microsoft SDKs\Windows\v8.0A\bin\NETFX 4.0 Tools\xsd.exe

Now open command prompt and enter this

cd "C:\Program Files (x86)\Microsoft SDKs\Windows\v8.0A\bin\NETFX 4.0 Tools"

Now we will create the .NET classes (here is is command broken down)

xsd.exe -Execute xsd

/classes -Create Clasess

/language:vb -Language to use (VB, CS, JS)

/out:"c:\stack\" -Output folder

c:\stack\person.xsd -The XSD File to use

Here is the command in one line

xsd.exe c:\stack\person.xsd /classes /language:vb /out:c:\stack\

After you have run this command a new file will be created 'c:\stack\person.vb' You can then add this class into you project.

Step 2 - Create a new instance of that class and serialize the output

Now that you have added the new class, you can create a instance of it:

Dim person As New Person

person.firstName = "Mike"

person.lastName = "Bateman"

person.gender = Gender.Male

person.height = 160

person.weight = 80.3

Now we can serialize the class to a XML file:

Dim serializer As New XmlSerializer(GetType(Person))

Dim writer As New StreamWriter("c:\stack\person.xml")

serializer.Serialize(writer, person)

writer.Close()

And we can read the XML back to a .NET class like this:

Dim serializer As New XmlSerializer(GetType(Person))

Dim reader As New IO.StreamReader("c:\stack\person.xml")

Dim personRes As Person = serializer.Deserialize(reader)

reader.Close()

reader.Dispose()