Before, after and between:
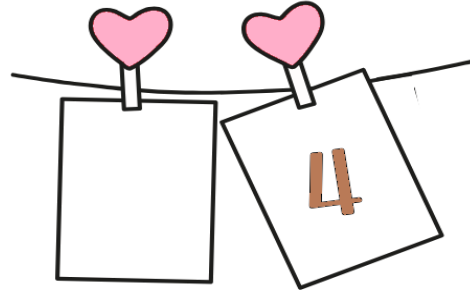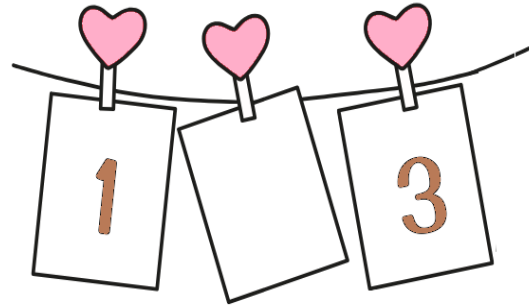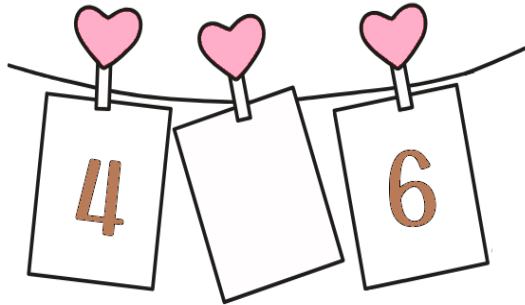
Write the numbers what comes:

Before

Between

After