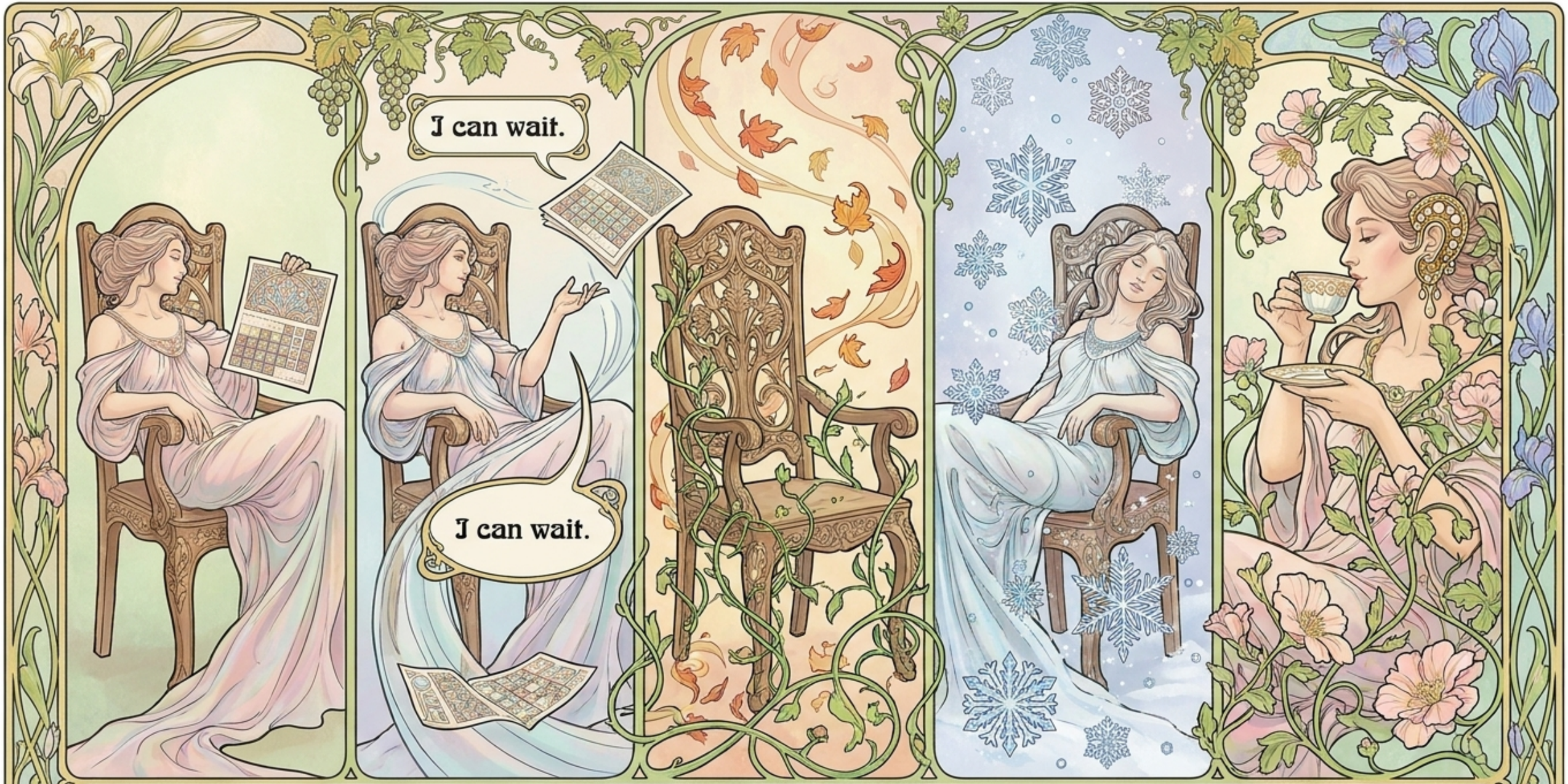


Waiting longer than the minimum stretch window is never harmful and produces healthier tissue.

Procrastination is occasionally a valid medical strategy.