Jeff Prugpichailers made this puzzle, and it was titled "Before and After". What were the theme entries? Four long across entries had bracketed clues:

- [Former AMC drama that is an undeserved reputation]: BREAKING RAP
- [Pigmented nasal filaments that are plastic coils used for perms]: NOSE CURLERS
- [Dermal hygiene practice that is a box of treats mailed to a loved one]: SKIN PACKAGE
- [Computer systems building that is the position played by Mike Trout]: DATA FIELDER

Those four clues were written in the style of the *Jeopardy!* category that is also called Before and After. The questions in that category combine two phrases that share a common word. If you looked closely at the theme entries, the same thing was happening here, only the shared word was removed.

- BREAKING BAD (Former AMC Drama) combined with BAD RAP (undeserved reputation.
- NOSE HAIR combined with HAIR CURLERS
- SKIN CARE combined with CARE PACKAGE
- and DATA CENTER combined with CENTER FIELDER.

That leaves us with BAD, HAIR, CARE, and CENTER. Using the same mechanism one more time gives us the answer. BAD HAIR **DAY** combined with **DAY** CARE CENTER. Since the answer was a three-letter word, DAY fits! And it also works nicely with the title, since "day before" and "day after" are both valid phrases too.

