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Thread: [Eat then Brush teeth or Brush teeth then eat?](#)

i a m g o n e - September 12, 2015, 5:04 pm

So this has been nagging at me so i want the community to respond and such lol

I personally eat then brush teeth

TRAUMA - September 12, 2015, 5:06 pm

I cant stand waking up with nappy breath..

I always drink some water, eat.. then brush my teeth.

sqsgkrldwg - September 12, 2015, 5:06 pm

I usually eat then brush teeth.

But because I always eat it feels useless to brush ...

Oh ... I'm so disgusting ...

1tap - September 12, 2015, 5:09 pm

Eat > Brush > repeat.

No really, its kinda "useless" to Brush and eat after.

Shadexpwn - September 12, 2015, 5:32 pm

I usually brush after I eat only because I don't like sudden yellow stains right when I wake.

No point in ruining your breath the other way around.

minimalist - September 12, 2015, 5:34 pm

I usually brush my teeth and then eat. I enjoy regurgitating the half-chewed food from hours ago throughout the day, and then eating it again. Minty breath kills the taste though, hence this practice.

darkeclipse - September 12, 2015, 8:07 pm

Brush>eat>eat>brush

//.

SIM-1348814 - September 12, 2015, 8:12 pm

What would be the point in brushing before you eat?

DuguWudi - September 12, 2015, 8:13 pm

I do both either way, it depend actually.

Daeone - September 12, 2015, 8:15 pm

Brush in the morning, eat, brush in the shower, eat, brush afternoon, eat, brush in the shower. I've never had a cavity so it seems to work.

B?ue - September 12, 2015, 8:16 pm

I usually teeth then eat brush

lenaos - September 12, 2015, 8:16 pm

(Sep 12, 2015 08:15 PM)Daeone Wrote: [\[CITE\]](#) Brush in the morning, eat, brush in the shower, eat, brush afternoon, eat, brush in the shower. I've never had a cavity so it seems to work.

Why do you take two showers a day?

Unless you don't waste the water, then disregard my comment.

sweatpants - September 12, 2015, 8:17 pm

Why not take a bite. then brush teeth. take another bite brush your teeth some more,

Truth Hurts - September 12, 2015, 8:17 pm

Who the fuck brushes their teeth BEFORE eating? Then you have to brush again

?iven - September 12, 2015, 8:17 pm

i only brush when i go to bed, don't have the time in the morning, plus my front tooth is already fucked, it's decayed due to lack of care.

Inj3ct0r? - September 12, 2015, 8:18 pm

I always brush my teeth then eat

DOSH - September 12, 2015, 8:58 pm

I brush after eating because it ruins the taste of my food.

Rayner - September 12, 2015, 9:00 pm

I brush after so I can have a clean breath before I head out.

Truth Hurts - September 12, 2015, 9:01 pm

(Sep 12, 2015 08:17 PM)?iven Wrote: [\[CITE\]](#) i only brush when i go to bed, don't have the time in the morning, plus my front tooth is already fucked, it's decayed due to lack of care.

Yuck man, brushing your teeth in the morning is the most important lol

Gilbo - September 12, 2015, 9:03 pm

I usually eat then brush my teeth

Simply Gamer - September 12, 2015, 9:04 pm

I brush in the morning and then eat>eat>eat>eat>eat>eat and then brush before I go sleep

Dorrance - September 12, 2015, 9:04 pm

lit would be proper to eat then brush your teeth.

Unknown - September 12, 2015, 9:05 pm

I always eat then brush my teeth...It seems like everything taste like shit after I brush my teeth.

?iven - September 12, 2015, 9:24 pm

(Sep 12, 2015 09:01 PM)Truth Hurts Wrote: [\[CITE\]](#) Yuck man, brushing your teeth in the morning is the most important lol

really? i might start waking up 5m earlier to do it than.

LilHackers - September 12, 2015, 9:27 pm

I just Brush Eat Brush... Seems to be working.

Zen???????????????? - September 12, 2015, 9:27 pm

I say Eat and then brush teeth but personally I wake up, brush my teeth and go to school where they have shitty popstars I eat.

So I do the opposite of what I say, but personally I don't think brushing my teeth in class would be appreciated.