

Forum:[Hack Forums](#)

Thread: [How often do you brush your teeth?](#)

Lrrr - October 20, 2022, 11:19 am

Don't fucking lie about this one either!

Though I actually do brush once a day. I may miss the occasional day here and there where I use mouthwash or something...but I usually always brush once a day in the morning

DeepWeb - October 20, 2022, 11:21 am

every before i go to sleep.

zerocool - October 20, 2022, 11:28 am

Morning and night or if i'm going out I do it again.

Yin Yang - October 20, 2022, 11:30 am

Once in the morning but I try to floss in the evening/night

Seaking - October 20, 2022, 11:32 am

(Oct 20, 2022 11:19 AM)Lrrr Wrote: [\[CITE\]](#) Don't fucking lie about this one either!

Though I actually do brush once a day. I may miss the occasional day here and there where I use mouthwash or something...but I usually always brush once a day in the morning

Once in the morning and another before I go to bed. I try to remember to floss before bed, but damn that's a fight and the mouthwash is just easier.

murt - October 20, 2022, 11:34 am

I wish I can be not lazy to brush before bed

blackrose_x0x0 - October 20, 2022, 11:41 am

I floss every single day and brush at least once a day, usually two times. I had a bit of a wakeup call at the dentist earlier this year and after getting a bunch of work done and spending a lot of money, I told myself I'd no longer be lazy when it comes to taking care of my teeth.

Sys-3200 - October 20, 2022, 11:43 am

Twice a day, in the morning and before going to sleep

bevc - October 20, 2022, 11:43 am

Twice a day, sometimes three times. Don't floss anywhere near as often as I should, though.

Junot - October 20, 2022, 12:06 pm

Morning after breakfast and night before sleep. its twice a day.

StuffSneak - October 20, 2022, 12:08 pm

(Oct 20, 2022 11:19 AM)Lrrr Wrote: [\[CITE\]](#) Don't fucking lie about this one either!

Though I actually do brush once a day. I may miss the occasional day here and there where I use mouthwash or something...but I usually always brush once a day in the morning
Filthy filthy filthy

I brush once a day but never miss it ?

Lrrr - October 20, 2022, 12:11 pm

(Oct 20, 2022 12:08 PM)StuffSneak Wrote: [\[CITE\]](#) Filthy filthy filthy

I brush once a day but never miss it ?

I'm learning I'm grosser than the average HF user....yet I still get laid more often

diablospartan - October 20, 2022, 12:18 pm

Well when i go to work i wash my teeth every morning but when i am free its 0 times ??

u8898731 - October 20, 2022, 12:21 pm

In the morning about 30 minutes - 1 hour after drinking my coffee and at night before going to sleep

StuffSneak - October 20, 2022, 12:33 pm

(Oct 20, 2022 12:11 PM)Lrrr Wrote: [\[CITE\]](#) I'm learning I'm grosser than the average HF user....yet I still get laid more often

And how do you know that? ?

Bob White - October 20, 2022, 12:38 pm

Morning and night, and before sexual encounters.

lol - October 20, 2022, 1:23 pm

I brush my teeth twice a day. Sometimes once if really unbothered

Gary Clark Jr. - October 20, 2022, 1:57 pm

I brush my teeth in the morning,
I brush my teeth at night,
I brush my teeth in the afternoon,
It makes me feel alright.

SIM-587985 - October 20, 2022, 2:00 pm

I try to do it two times a day, but sometimes slip down to one depending on how I am feeling.

Lrrr - October 20, 2022, 2:07 pm

(Oct 20, 2022 01:57 PM)Gary Clark Jr. Wrote: [\[CITE\]](#) I brush my teeth in the morning,
I brush my teeth at night,
I brush my teeth in the afternoon,
It makes me feel alright.
I brush my teeth in time of war
And brush in time of peace
I brush my teeth before I brush my teeth
And then I brush some more

Prayz - October 20, 2022, 2:26 pm

Always in the morning and usually after I shower in evening before bed

Gary Clark Jr. - October 20, 2022, 2:34 pm

Always in the morning and usually after I have maybe a beer in evening before bed.

Prettykitty - October 20, 2022, 3:12 pm

I only do it first thing in the morning and at night before bed. During the time I had braces would do it 25 min after each meal.

mickeh - October 20, 2022, 6:40 pm

Normally its once a day, very rarely id miss a day

Jinu - October 20, 2022, 6:43 pm

I used to brush both morning and night. Suppose I can't brush at night, I would gargle.

Aeowulf - October 20, 2022, 7:37 pm

Last thing I do before I go to sleep.

The brushing as soon as you wake up thing makes no sense to me. At least wait until after breakfast.

Cap - October 20, 2022, 7:40 pm

I brush, mouth wash and floss everyday. That's my evening routine. Morning time I'll use mouth wash.

Vibe - October 20, 2022, 7:44 pm

Try to twice a day maybe 3 if I eat something bad or am going out

Satoru Gojo - October 20, 2022, 7:46 pm

I aim for twice a day, though some nights I'm too lazy/tired to and so I'll skip out.

So like on average maybe 1.75 times a day or so?

Money- - October 20, 2022, 7:54 pm

2 times a day bro. Morning and night , hell nah I ain't skipping it. I am taking care of my teeth.

Lrrr - October 20, 2022, 7:56 pm

(Oct 20, 2022 12:38 PM)SIM-1680559 Wrote: [\[CITE\]](#) before sexual encounters.
great call out, I always brush before I smash

VNT - October 20, 2022, 8:35 pm

I try to do it twice everyday one time in the morning the. Just before bed ... Id like to do it 3 times but water at my work is awful

Lrrr - October 20, 2022, 9:18 pm

(Oct 20, 2022 08:20 PM)xadamxk Wrote: [\[CITE\]](#) Brush at night to keep your teeth and brush in the morning to keep your friends [Lrrr](#)
Bruh, I never remember to do it at night. The morning is so easy cause its habit.

Thank God I don't brush when I shower or I'd be fucked by now.

Michael - October 21, 2022, 12:35 am

Isn't it normal to brush them at least twice (in the morning and in the evening) a day?

Bastille - October 21, 2022, 12:36 am

At least 1 time per day, at morning, and when I think about it at night

Stay_frosty - October 21, 2022, 12:40 am

1 time a day full wash (dental floss,washing and mouthwash) and another time with dental floss and moutwash only, got sensible gums cannot force it too much

oRequiem - October 21, 2022, 1:03 am

Every night before I go to sleep.

Juoku - October 21, 2022, 1:47 am

I used to brush once a day, either in the morning or evening before bed, now I do both daily, I sometimes miss one but I brush at least once a day.

Will-i-am - October 21, 2022, 2:36 am

Basically I brush my teeth twice morning when I wake up and at night after my dinner

salatara - October 21, 2022, 2:49 am

It's always in the morning and before going to sleep for me. I also think that it's much more important to brush your teeth before going to sleep so those lads who brush their teeth only once per day should definitely to that before going to sleep

Blockonome - October 21, 2022, 2:51 am

If you do not minimum brush your teeth 2 times a day, flossing and mouthwash, then I am proper disgusted.... I even make girl do this process, otherwise they aint touching my mouth.

shakur123 - October 21, 2022, 6:23 am

3 times a day, brush and floss just like the doctor order, its just common sense ;)

SecureOp - October 21, 2022, 7:01 am

Pretty much every morning and night, unless I'm in bed and can't be fvcked to get back out.

wingowongo - October 21, 2022, 9:17 am

first thing in the morning and right before bed.

maybe an extra time before a date.. you know.., so like a couple extra times a year

LeetSpeed - October 21, 2022, 10:38 am

I brush my teeth twice a day every day.

Omniscient - October 21, 2022, 10:43 am

Minimum of twice a day but sometimes as many as four. I admit when I was a young person I wasn't as diligent but I wish I was. Advice to everyone, wake and brush, before bed brush. Also get an electric.

You can do this for \$22.

https://www.amazon.com/Electric-Toothbrush-Adults-Rechargeable-Toothbrushes/dp/B099KQCV35/ref=sr_1_9?keywords=electric+toothbrush&qid=1666374191&qu=eyJxc2MiOil2LjUxliwicXNhIjoNi4wNyIsInFzcCI6IjUuODkifQ%3D%3D&sprefix=electric+tooth%2Caps%2C328&sr=8-9

Lrrr - October 21, 2022, 11:20 am

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Electric tooth brush is pretty clutch for lazy people. I have one

Omniscient - October 21, 2022, 11:24 am

(Oct 21, 2022 11:20 AM)Lrrr Wrote: [\[CITE\]](#) Electric tooth brush is pretty clutch for lazy people. I have one

Actually it's not about lazy people. The electric head cleans better. The fast vibrations of the head will clean your teeth much better than the simple back and forth motion of hand brushing.

When I switched to electric at the advice of my dentist, I never felt my teeth so clean. Highly advise. And don't buy the expensive \$100 ones either. They actually break pretty frequently. I was going through one every 6-12 months and I started to buy these cheaper ones and they actually last longer for 1/3rd the price or even less. My dentist actually noticed that my teeth were cleaner when I went cheaper too.

This is one case where the cheap Chinese brands perform well for their price.

Lrrr - October 21, 2022, 11:32 am

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This is one case where the cheap Chinese brands perform well for their price.

Interesting....I actually spent about \$200 on mine which is a "dental pick" and I feel like it's always misbehaving or not functioning correctly. I'll get a cheapo depot one and see if I feel a difference. Thanks

Omniscient - October 21, 2022, 11:50 am

(Oct 21, 2022 11:32 AM)Lrrr Wrote: [\[CITE\]](#) Interesting....I actually spent about \$200 on mine which is a "dental pick" and I feel like it's always misbehaving or not functioning correctly. I'll get a cheapo depot one and see if I feel a difference. Thanks

For about \$25, worth it. My old one I had to keep charging. These cheap ones can stay charged for almost 2 weeks. I charge before vacation and leave the charger at home.

My Phillips one broke after 6 months, I called warranty, got it replaced. That one died 8 months later. Warranty is I think 1 year, which is bullshit on a \$100 toothbrush that breaks under a year over and over again.

I'd see these expensive ones at Costco and buy them, also broke quickly. I think in about 5-6 years I've gone through 3 cheap ones. I'm okay with \$25 one lasting me 18 months. And again, it works just as good. It's just a fucking toothbrush head that vibrates.

Bullup - October 21, 2022, 11:51 am

Twice a day, when i wake up and before i go to sleep.
Rarely a third time a day in the midday.

cutee - October 23, 2022, 8:04 pm

once a day before im goin to sleep im too lazy in the morning

vegetajgd - October 24, 2022, 3:10 am

(Oct 20, 2022 11:19 AM)Lrrr Wrote: [\[CITE\]](#) Don't fucking lie about this one either!

Though I actually do brush once a day. I may miss the occasional day here and there where I use mouthwash or something...but I usually always brush once a day in the morning
I brush a day religiously and the second time occasionally although i wish to do it religiously two times a day and hopefully from today do it .

GoinTheAsda - October 24, 2022, 4:25 am

Once morning once of a night, an electric toothbrush is a must I reckon!!!

Even trying to get into a dentist these days is crazy, more chance to win a lottery.

Blazin - October 24, 2022, 4:33 am

Once in the morning and once before bed with mouthwash and flosses in between. Also get my teeth professional cleaned once a year by the dentist & checkups twice a year.

SIM-5189505 - October 24, 2022, 4:38 am

Every morning if I dont forget it, idc if I should do it twice a day

Goku - October 24, 2022, 4:52 am

Once per day. I don't smoke or drink coffee, so my teeth are ok (but not). But, I did eat a lot of sugar or something because lately I've a pain when I eat chocolate in the right top area of my teeth, I don't know which one :c

jcole - January 15, 2023, 9:08 pm

I was just thinking this question to myself in the shower, and I brush my teeth at least once a day, but not usually twice unless I have things stuck in my teeth. I also like to floss with my picker too.

Black Swan - January 15, 2023, 9:14 pm

Every day, have to keep the teeth looking shiny somehow.

jhakz1234 - January 15, 2023, 9:17 pm

Brushing is like coming your hair.. you do it only when you are having a bad hair day.

jcole - January 15, 2023, 9:21 pm

(Jan 15, 2023 10:17 PM)jhakz1234 Wrote: [\[CITE\]](#) Brushing is like coming your hair.. you do it only when you are having a bad hair day.

I don't understand, sorry? You only brush your teeth when your breath stinks?

jhakz1234 - January 15, 2023, 9:44 pm

(Jan 15, 2023 10:21 PM)jcole Wrote: [\[CITE\]](#) I don't understand, sorry? You only brush your teeth when your breath stinks?

You got it right! ??

jcole - January 15, 2023, 9:52 pm

(Jan 15, 2023 10:44 PM)jhakz1234 Wrote: [CITE](#) You got it right! ??

You should aim to brush your teeth more often than when you think your breath stinks because I'm sure it smells more than you think it does.. ?

Artisan - January 15, 2023, 9:54 pm

Once in the morning and once before going to bed. Sometimes I miss the one before bed time.

Firefoxwizard - January 16, 2023, 2:38 am

To be honest I usually brush my teeth 2 times daily ?..

Komodo - January 16, 2023, 2:57 am

2 times a day.

I use too much Copenhagen during the day to go to bed without brushing my teeth.

Yanix - January 16, 2023, 3:29 am

I brush my teeth 2 to 3 times daily. First in the morning, after lunch and before going to bed.

Axiom - January 16, 2023, 4:04 am

I usually brush my teet 1 time a day, should be doing it 2 times I know I know

HOMODIN - January 16, 2023, 5:18 am

I can honestly say that I try to do it every morning and every evening...however, I some times miss the morning thanks to sleeping like sheit or kiddo being annoying.

HOMODIN - January 16, 2023, 5:18 am

I can honestly say that I try to do it every morning and every evening...however, I some times miss the morning thanks to sleeping like sheit or kiddo being annoying.

HEISENPUG - January 16, 2023, 5:45 am

i brush once a day and sometimes if i forget then once every other day.

pms - January 16, 2023, 6:48 am

I've been trying to do it every night/morning. If i dont I atleast wash my mouth with mouthwash.

Haaks - January 16, 2023, 10:38 am

Just the normal 2 times per day nothing special xD. When a wake up and when i go to sleep

DashPHP - January 16, 2023, 11:43 am

I brush twice a day, very rare to be one a day.

I use an electric toothbrush and that has definitely been a game changer.

OralB Gang

Apocryphon - January 16, 2023, 1:25 pm

Before going to sleep everyday and like twice a week after lunch too

Baby - January 16, 2023, 1:49 pm

I could do better. Gum/teeth health is important.

youdigitalzdotcom - January 16, 2023, 3:39 pm

i brush my teeth once a day. who brushes more than once a day? may be someone who is not a

hustler

clean - January 16, 2023, 4:47 pm

I brush my teeth twice a day.

Once in the morning, and again in the evening. I floss my teeth only 1-2 times a week though, but should do it more because this is where the plaque builds up for me and has caused several cavity's that I've had fixed of course.

XoticSGG - January 17, 2023, 5:31 pm

Twice a day and I have a water flosser

astrocrash - January 18, 2023, 12:59 am

3 times a day, and if i have a date... even more... lol

PlayerPropPicks - January 18, 2023, 9:28 am

Once per day always.

Casp?r - January 18, 2023, 11:46 am

before I go to bed, should probably brush in the morning but my teeth look pretty good.

web0m - January 18, 2023, 11:51 am

Twice a day, most of the time, always the mornings.

However sometimes, I have to admit I am way to tired and I go straight for the bed.

Hubris - January 18, 2023, 12:05 pm

Twice a day, in the morning and before going to bed

mirrordesk - January 19, 2023, 8:25 am

once time every day is obligated..

Joshua Davis - January 19, 2023, 8:55 am

I generally brush my teeth between two to three times a day.

Lovely? - January 19, 2023, 9:07 am

Twice a day + floss to the best of my abilities.

b0bbito - January 19, 2023, 9:33 am

Once a day - no cavities ever in my life

banonkiel - January 19, 2023, 9:37 am

I try my best to do it twice a day

Right after waking up and right before going to bed.

Somedays I settle for mouthwash in the morning if I'm in a rush. Somedays I would brush mid-day after a meal if I feel anything stuck in my mouth and that's about it.

mdkgr321 - January 21, 2023, 12:08 am

Once, in the morning, for sure, and then at night, depending on what hour do I return home...

source - January 22, 2023, 12:18 pm

Once in Morning and Once at night, everyday

maxim448806 - *January 22, 2023, 12:54 pm*

Lol Just once in the morning for me. It's impossible at night because my routine is to fall asleep on the couch watching tv.