

Forum:[Hack Forums](#)

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

jcole - December 21, 2024, 11:44 am

I aim to brush my teeth once before night, and always before I leave for work. My father always told me to brush your teeth at night for yourself, and brush your teeth in the morning for your friends. How often do you brush your teeth, and do you floss too?

sharn - December 21, 2024, 1:37 pm

Brushing in the morning and at night is a must for me.
Sometimes I also add a midday brush after meals.

F4tDoinkz - December 21, 2024, 1:44 pm

Twice a day as well as floss.

Elguardigo - February 5, 2025, 8:04 pm

Not less than twice a day

Pr0m3th3us - February 5, 2025, 8:05 pm

Once a week or so. I just straight up forget to do it.

diablospartan - February 6, 2025, 5:33 am

Well i try to brush 2 times per day in the morning and at night but unfortunately i miss the night brush many times as i am lazy ,because of confort etc
But always i brush in the morning as i go to work

jcole - February 6, 2025, 5:37 am

(Feb 5, 2025 09:04 PM)Elguardigo Wrote: [\[CITE\]](#) Not less than twice a dayThat's a very healthy routine.

(Feb 5, 2025 09:05 PM)Unknown Rusty Snake Wrote: [\[CITE\]](#) Once a week or so. I just straight up forget to do it.You should probably start brushing your teeth more often. Your breath probably stinks.

(Feb 6, 2025 06:33 AM)diablospartan Wrote: [\[CITE\]](#) Well i try to brush 2 times per day in the morning and at night but unfortunately i miss the night brush many times as i am lazy ,because of confort etc

But always i brush in the morning as i go to workSometimes missing the nightly routine is a lot easier than the morning. We brush our teeth at night for ourselves and brush our teeth in the morning for our friends.

Prawnster - February 6, 2025, 5:46 am

Twice a day, my mrs wouldn't want me to have stinky breath so I make sure I keep on top of it hahaha.

Epic - February 6, 2025, 6:45 am

I'm a 3 times a day kind of person. Morning, after lunch, and before bed. Gotta keep those pearly whites nice and clean.

jcole - March 22, 2025, 9:11 am

(Feb 6, 2025 06:46 AM)Prawnster Wrote: [\[CITE\]](#) Twice a day, my mrs wouldn't want me to have

stinky breath so I make sure I keep on top of it hahaha. A good incentive to keep your breath smelling fresh.

(Feb 6, 2025 07:45 AM)Epic Wrote: [\[CITE\]](#) I'm a 3 times a day kind of person. Morning, after lunch, and before bed. Gotta keep those pearly whites nice and clean.

Do you carry a toothbrush and toothpaste on you throughout the day? Or do you work from home and have accessibility to go to your bathroom and brush your teeth?

Alf Robertson - April 18, 2025, 4:03 am

I brush my teeth every morning and before bed. I also brush after every meal. Oh, and I also gargle with mouth water once per day.

Pr0m3th3us - April 18, 2025, 4:23 am

This is what happens when you brush your teeth once a week for years....i gotta get that guy taken care of. Hes annoying me.

FireBender - April 18, 2025, 5:04 am

Only Once in a day? , But i do gragle with water after everymeal or snack.

Komodo - January 1, 2026, 9:55 pm

(Feb 5, 2025 09:05 PM)Rust-0l3um Wrote: [\[CITE\]](#) Once a week or so. I just straight up forget to do it. That's disgusting.

(Apr 18, 2025 05:04 AM)FireBender Wrote: [\[CITE\]](#) Only Once in a day? , But i do gragle with water after everymeal or snack.

Gargling doesn't really do anything.

Also y'all need to floss.

MoOne - January 23, 2026, 12:28 am

(Dec 21, 2024 12:44 PM)jcole Wrote: [\[CITE\]](#) I aim to brush my teeth once before night, and always before I leave for work. My father always told me to brush your teeth at night for yourself, and brush your teeth in the morning for your friends. How often do you brush your teeth, and do you floss too? Love this quote haha. When you're older you can brush your teeth at night for your wife haha