

Forum:[Hack Forums](#)

Thread: [Teeth brushing](#)

Fish - October 3, 2025, 3:49 am

Want to see what everyone on HF does

Do you brush your teeth before breakfast or after breakfast?

Any specific reason behind that or it's just something you've always been doing

Me personally, I do it before breakfast just so I can feel fresh in the morning. Swish water after breakfast and some mouthwash before I leave the house

P??sonl?af - October 3, 2025, 3:50 am

I would say before because of one simple detail.

I actually never eat breakfast. :)

Fish - October 3, 2025, 3:53 am

(Oct 3, 2025 03:50 AM)P??sonl?af Wrote: [\[CITE\]](#) I would say before because of one simple detail.

I actually never eat breakfast. :)

That's a good one! I'd hope you'd do it before breakfast - especially if you're not having anything!

Do you just have a big lunch to make up for no breakfast?

P??sonl?af - October 3, 2025, 3:55 am

(Oct 3, 2025 03:53 AM)Fish Wrote: [\[CITE\]](#) That's a good one! I'd hope you'd do it before breakfast - especially if you're not having anything!

Do you just have a big lunch to make up for no breakfast?

Not really to be honest. In the morning I just can't master to eat anything. I main have my coffee and just need some time to wake up.

When it's lunch time I just have a normal lunch. I was never a real big eater in general tbh.

Fish - October 3, 2025, 4:00 am

(Oct 3, 2025 03:55 AM)P??sonl?af Wrote: [\[CITE\]](#) Not really to be honest. In the morning I just can't master to eat anything. I main have my coffee and just need some time to wake up.

When it's lunch time I just have a normal lunch. I was never a real big eater in general tbh.

That's fair, everyone's different. I know a lot of people who just have a coffee and call it a day. You do what works for you, eh

Panagiota - October 3, 2025, 4:12 am

Even though my dentist has told me I should, I brush them only at night :/

Fish - October 3, 2025, 4:14 am

(Oct 3, 2025 04:12 AM)Panagiota Wrote: [\[CITE\]](#) Even though my dentist has told me I should, I brush them only at night :/

That's fair enough. Everyone's different. I personally could never leave the house without brushing

in the morning, I'd be scared people would run away with morning breath...

Once a day is better than no times

Jamika - October 3, 2025, 4:17 am

I do both , so i choose here after

Fish - October 3, 2025, 4:18 am

(Oct 3, 2025 04:17 AM)Jamika Wrote: [\[CITE\]](#) I do both , so i choose here after
Does that mean you brush three times a day?

Oh_Well - October 3, 2025, 4:20 am

Before, as soon as I get out of bed

Rsynced - October 3, 2025, 4:21 am

I haven't brushed my teeth in years!

Jamika - October 3, 2025, 4:24 am

(Oct 3, 2025 04:18 AM)Fish Wrote: [\[CITE\]](#) Does that mean you brush three times a day?
Six times u mean ? No , usually only break fast , other just after , i just love my breath changed
when i wake up

Ieste - October 3, 2025, 5:07 am

I think people who brush their teeth before breakfast are obsessive.

sharn - October 3, 2025, 10:52 am

I brush after.

Coffee tastes better that way.

JoshAllen - October 3, 2025, 11:20 am

Always after. Don't see the point in doing it before just to get dirty.

Deany - October 3, 2025, 11:21 am

The first thing when I wake up

Pimping - October 3, 2025, 9:09 pm

Most of the time i dont eat breakfast but i would brush after breakfast

Mech - October 3, 2025, 9:18 pm

Not a big breakfast fan, so usually before.

Michael - October 10, 2025, 12:30 am

Always before breakfast.

Fish - October 10, 2025, 3:29 am

Very interesting to see the wide variety of things people do! everyone has very valid points

diablospartan - October 10, 2025, 8:25 am

I usually wash them in the morning before breakfast

I try to wash them also before going to sleep but i miss 90 percent of the time

Aeowulf - October 10, 2025, 9:04 am

After.... before seems pointless.

HerrWinston - *October 10, 2025, 9:21 am*

Normally after so everything I ate gets out aswell but sometimes i do both, especially if my found tastes weird

7 - *October 10, 2025, 9:43 am*

Before and after.. probably about 5 times a day since I got my new ones :D

Now I cannot bare a little crumb on them.. cost 20k so like to keep them polished

plops - *October 10, 2025, 10:55 am*

Its the first thing i do when I wake up. Before esting and anything else. I can stand morning breathe

King Joey - *October 10, 2025, 11:00 am*

It depends. Usually, I like to prepare and eat breakfast with coffee first after waking up to start off my day. Then, brush my teeth.

If I have to wake up and drive out to work early, then I would brush my teeth before.

Binance - *October 10, 2025, 11:02 am*

I drink my coffee first then brush.

I dont eat breakfast.