i++ vs. ++i

They all mean increment variable i by 1. But, when they’re used with other instructions in the same statement, it returns different value.

i++ returns original value.
++i returns new/updated value.

Example:
int i = 1;
cout << i++; //i increment to 2, but print out 1
i = 1;
cout << ++i; //i increment to 2, print out 2
i = 1;
while (i++ < 3);
cout << i;
//check 1, inc to 2, true then check 2, inc to 3, true then check 3, inc to 4, false, print 4

Same for i-- and --i;