

# Breast Buds

## Definition

- A small disc-shaped lump felt under the nipple (areola)
- Indicates the start of puberty

## Health Information

### Symptoms

- A small disc-shaped lump felt under the areola. The areola is the dark skin around the nipple.
- They sometimes start just on one side. Don't worry about that.
- Within 2 or 3 months, a breast bud will also appear on the other side.
- Breast buds normally can be somewhat tender.
- They normally become more tender if they are injured, such as in sports.

### Cause

- Triggered by the release of female hormones from the ovaries
- Breast buds are the first sign of puberty.
- They normally start in 8-12 year old girls.
- Sometimes, they are even normal in 7 year olds.

## Care Advice

1. **Overview:**
  - Breast buds are small disc-shaped rubbery lumps felt under the nipple.
  - They are always normal. Nothing else looks like them.
  - Breast buds have no risk of turning into cancer.
  - Here is some care advice that should help.
2. **Reassure Your Daughter:**
  - Tell her that this is normal sign of puberty.
  - If the breast bud is only on 1 side, the other side will soon develop. This happens in about 2 to 3 months.
3. **Treatment:**
  - No treatment is needed.
4. **Avoid Squeezing:**
  - Caution: Never squeeze or massage breast buds. Reason: Can cause a serious infection.
  - Biopsy of breast buds is never indicated. Reason: It will disfigure the future breast.
5. **What to Expect:**
  - The entire breast develops from the breast bud. It will take 2 or 3 years to be complete.
  - The first menstrual period (menarche) usually occurs 2 years after breast buds appear.

## Call Your Doctor If

---

### **Call Your Doctor If:**

- You have other questions or concerns
- You think your child needs to be seen

### **Pediatric Care Advice**

**Author:** Barton Schmitt MD, FAAP

**Copyright 2000-2022** Schmitt Pediatric Guidelines LLC

**Disclaimer:** This health information is for educational purposes only. You the reader assume full responsibility for how you choose to use it. The information contained in this handout should not be used as a substitute for the medical care and advice of your pediatrician. Listing of any resources does not imply an endorsement.