

When you start taking feminizing hormones, your breasts are often the first thing that changes.

After 4 to 8 weeks of taking hormones, you might feel small bumps under your nipple. These bumps are called “breast buds.” Over the next few months, your breast and nipple will start to grow as the breast bud gets bigger. The area around the nipple, called the areola, might get bigger and darker. You might also notice a little bit of hair growing around your areola. Inside the breast, milk ducts will begin to grow.

Do breasts hurt when they grow?

At first, your breasts might hurt or feel sore when touched. Many people feel pain or tenderness in their breasts as they grow. That's normal. Estrogen helps the breast tissue grow, and as it does, the skin may stretch, which can cause discomfort. This goes away as your breasts become fuller and rounder. There are often periods of growth and then times when it feels like they are not growing at all.

Why do red marks appear on breasts?

As the breast tissue grows, the skin must stretch to keep up. Sometimes the skin doesn't stretch fast enough, and it can cause red stretch marks. This is normal. Over time, these marks turn white and aren't as noticeable.

Is it normal for breasts to be different sizes?

Yes, sometimes one breast may grow faster than the other and look bigger. This is normal. Things like shoulder width and rib size can make one breast seem bigger. Even when your breasts are fully grown, they might still be different sizes. They usually even out over time. Everyone's breast size and shape are different. It depends on things like your genes, hormones, body weight, and how old you are when you start hormones.

Why is there milky discharge coming out of my nipples?

You might notice a small amount of white, milky discharge or liquid coming out of your nipples, especially if you touch them. If the discharge is more than a few drops or happens without touching, tell your doctor.

Do I need a training bra or regular bra?

It depends on what makes you feel comfortable. If your breast tissue is sensitive, you can wear a soft, supportive undergarment like a sports bra or undershirt. Just make sure it fits well, so it doesn't stop your breasts from growing.

Is there anything I can do to make my breasts grow bigger or faster?

If you've been taking estrogen for more than 6 months and aren't already taking progesterone, you can talk to your doctor about your options. There are no creams or pills that will make your breasts grow faster. Gaining or losing weight might change your breast size, but it doesn't always make a big difference.

When should I think about breast surgery?

Doctors usually recommend waiting at least 1 year on feminizing hormones before considering surgery. Breasts can take 2 to 5 years to fully develop with just hormones. However, if you feel very unhappy with your body, talk to your doctor about your options.