

What Is a “Ballerina Boob Job?”

written by [CHARLOTTE BICKLEY MELLER](#) PUBLISHED ON SEPTEMBER 24, 2026 07:02AM



MEET THE EXPERT

- Adam R. Kolker, MD, is a double-board-certified plastic surgeon in New York City, specializing in breast augmentation and body-focused cosmetic procedures.

Choosing My Surgeon

Once I understood the result I was looking for, the next step was finding the right surgeon. Over the years, I’ve learned that true craftsmanship speaks for itself: Whether it’s fashion, interiors, or surgery, I gravitate toward people whose work feels timeless rather than catering to the trends. As I researched surgeons, the results from Adam R. Kolker, MD, immediately appealed to me, as no two patients looked alike. Instead of creating a signature aesthetic, his work felt individualized, with each result reflecting the patient’s own anatomy. That was especially important because correcting tubular breasts isn’t simply about placing implants.

“Every surgical plan has to be individualized because no two patients present the same way.”

Until my consultation with Kolker, I assumed breast augmentation was mostly about choosing implants, but I quickly learned that with tubular breasts, it starts with correcting the underlying breast shape. “With tuberous breasts, surgery often involves reshaping the existing breast tissue in addition to selecting an appropriately sized implant,” he explains. “Every surgical plan has to be individualized because no two patients present the same way. The goal isn’t simply to add volume—it’s to create a natural breast shape.”

Downtime Is Important

One product that I absolutely swear by after this experience is the [Victoria’s Secret Knockout Sports Bra](#). Kolker recommended wearing a supportive bra during recovery, and I loved that one so much that I kept wearing it for months, even after I technically didn’t have to. It made me feel supported, comfortable, and gave me peace of mind while everything was settling.



CHARLOTTE BICKLEY MELLER

That’s something Kolker prepared me for from the very beginning: “One of the most important things patients can understand is that healing continues long after the incisions have closed,” he says. “Swelling resolves gradually, implants settle over time, and the tissues continue adapting for months. Patience is one of the most important parts of achieving a beautiful result.” Looking back, he was absolutely right.

My Final Thoughts

As for me, if I had to make the decision all over again, I’d choose Kolker one hundred times over (and would recommend him to anyone else in or near New York City). He corrected my tubular breasts with incredible precision, and I couldn’t have asked for a better experience from consultation through recovery. Beyond my result, I was so happy with the care, expertise, and confidence he and his team gave me throughout the entire experience.