

OMB APPROVAL	
OMB Number:	3235-0287
Estimated average burden hours per response:	0.5

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* <u>Arduini Peter J</u> (Last) (First) (Middle) <u>311 C ENTERPRISE DRIVE</u> (Street) <u>PLAINSBORO NJ 08536</u> (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>INTEGRA LIFESCIENCES HOLDINGS CORP [IART]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>President & CEO</u>
	3. Date of Earliest Transaction (Month/Day/Year) <u>03/13/2019</u>	
	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	03/13/2019		M		290	A	\$0.00	216,501	D	
Common Stock	03/13/2019		F		290	D	\$55.91	216,211	D	
Common Stock	03/13/2019		M		258	A	\$0.00	216,469	D	
Common Stock	03/13/2019		F		258	D	\$55.91	216,211	D	
Common Stock	03/13/2019		F		6,215	D	\$55.91	209,996	D	
Common Stock	03/13/2019		F		11,687	D	\$55.91	198,309	D	
Common Stock	03/14/2019		M		368	A	\$0.00	198,677	D	
Common Stock	03/14/2019		F		368	D	\$56.14	198,309	D	
Common Stock	03/14/2019		F		15,292	D	\$56.14	183,017	D	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
Non-Qualified Stock Option (right to buy)	\$55.91	03/13/2019		A		91,249		(1)	03/13/2027	Common Stock	91,249	\$0.00	91,249	D	
Restricted Stock Units/Contract Stock	\$0.00 ⁽²⁾	03/13/2019		M		290		(2)	(2)	Common Stock	290	\$55.91	484,986	D	
Restricted Stock Units/Contract Stock	\$0.00 ⁽³⁾	03/13/2019		M		258		(3)	(3)	Common Stock	258	\$55.91	484,728	D	
Restricted Stock Units/Contract Stock	\$0.00 ⁽⁴⁾	03/13/2019		A		20,390		(4)	(4)	Common Stock	20,390	\$0.00	505,118	D	

**Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)**

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
Restricted Stock Units/Contract Stock	\$0.00 ⁽⁵⁾	03/14/2019		M			368	(5)	(5)	Common Stock	368	\$56.14	504,750	D	

Explanation of Responses:

- The grant will vest as to one-third of the shares on the first anniversary of the grant date of 3/13/2019 and thereafter in monthly installments through the following twenty-four months.
- The award was a contract stock unit award which will vest in three annual equal installments on the first, second and third anniversaries of the grant date of 3/13/17 of which the second installment vested on 3/13/19 and which shall be delivered to Mr. Arduini within 30 days following the first business day that occurs immediately following the six month period after the date of his separation of service as deferred compensation.
- The award was a contract stock unit award which will vest in three annual equal installments on the first, second and third anniversaries of the grant date of 3/13/18 of which the first installment vested on 3/13/19 and which shall be delivered to Mr. Arduini within 30 days following the first business day that occurs immediately following the six month period after the date of his separation of service as deferred compensation.
- The award was a contract stock unit award which will vest in three annual equal installments on the first, second and third anniversaries of the grant date of 3/13/2019 which shall be delivered to Mr. Arduini within 30 days following the first business day that occurs immediately following the six month period after the date of his separation of service as deferred compensation. This award is subject to accelerated vesting upon termination of employment by reason of death or disability or upon a qualifying termination on or within 24 months following the date of a change in control.
- The award was a contract stock unit award which will vest in three annual equal installments on the first, second and third anniversaries of the grant date of 3/14/16 of which the third installment vested on 3/14/19 and which shall be delivered to Mr. Arduini within 30 days following the first business day that occurs immediately following the six month period after the date of his separation of service as deferred compensation.

Remarks:

/s/ Eric Schwartz: Attorney-in-Fact 03/15/2019

** Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.