

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* <b>CARUSO RICHARD E</b> _____ (Last) (First) (Middle) <b>795 E LANCASTER AVENUE, SUITE 200</b> _____ (Street) <b>VILLANOVA PA 19085</b> _____ (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <b>INTEGRA LIFESCIENCES HOLDINGS CORP [ IART ]</b>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director <input checked="" type="checkbox"/> 10% Owner Officer (give title below) Other (specify below)
	3. Date of Earliest Transaction (Month/Day/Year) <b>03/13/2019</b>	
4. If Amendment, Date of Original Filed (Month/Day/Year)		

**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		9,250	A	\$21.965	143,384	D	
Common Stock	03/13/2019		S		9,250	D	\$56.0593	134,134	D	
Common Stock	03/13/2019		M		20,878	A	\$21.965	155,012	D	
Common Stock	03/13/2019		S		20,878	D	\$56.0593	134,134	D	
Common Stock								11,982,410	I	By Partnership
Common Stock								4,000	I	By Son

**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		Date Exercisable	Expiration Date						Title
Non-Qualified Stock Option (right to buy)	\$21.965	03/13/2019		M		9,250	(I)	05/17/2019	Common Stock	9,250	\$0.00	20,878 <sup>(2)(3)</sup>	D	
Non-Qualified Stock Option (right to buy)	\$21.965	03/13/2019		M		20,878	(I)	05/17/2019	Common Stock	20,878	\$0.00	0 <sup>(3)(4)</sup>	D	

**Explanation of Responses:**

- 25% of the stock options vest every quarter from the grant date of 5/17/2011
- This option was previously reported as covering 4,431 shares at an exercise price of \$50.78 per share, but was adjusted pursuant to the anti-dilution provisions of the award in connection with the spin-off of SeaSpine Holdings Corporation on July 1, 2015 to 4,625 shares of common stock at an exercise price of \$43.93 per share.
- In accordance with the terms of the stock option plan, the exercise price of the option and number of shares subject to the option have been adjusted to reflect the two-for-one stock split that occurred on December 21, 2016.
- This option was previously reported as covering 10,000 shares at an exercise price of \$50.78 per share, but was adjusted pursuant to the anti-dilution provisions of the award in connection with the spin-off of SeaSpine Holdings Corporation on July 1, 2015 to 10,439 shares of common stock at an exercise price of \$43.93 per share.

**Remarks:**

/s/ Dr. Richard E. Caruso

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.**