

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

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

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

<b>OMB APPROVAL</b>	
OMB Number:	3235-0287
Estimated average burden hours per response:	0.5

<p>1. Name and Address of Reporting Person*</p> <p><u>CARLOZZI GERARD S</u></p> <hr/> <p>(Last) (First) (Middle)</p> <p><u>311 C ENTERPRISE DRIVE</u></p> <hr/> <p>(Street)</p> <p><u>PLAINSBORO NJ 08536</u></p> <hr/> <p>(City) (State) (Zip)</p>	<p>2. Issuer Name and Ticker or Trading Symbol</p> <p><u>INTEGRA LIFSCIENCES HOLDINGS CORP [ IART ]</u></p> <hr/> <p>3. Date of Earliest Transaction (Month/Day/Year)</p> <p><u>03/09/2010</u></p> <hr/> <p>4. If Amendment, Date of Original Filed (Month/Day/Year)</p>	<p>5. Relationship of Reporting Person(s) to Issuer (Check all applicable)</p> <p>Director 10% Owner</p> <p><input checked="" type="checkbox"/> Officer (give title below) Other (specify below)</p> <p><u>Executive Vice President &amp; COO</u></p> <hr/> <p>6. Individual or Joint/Group Filing (Check Applicable Line)</p> <p><input checked="" type="checkbox"/> Form filed by One Reporting Person</p> <p>Form filed by More than One Reporting Person</p>
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**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	03/09/2010		S		2,778	D	\$42.2384 <sup>(1)</sup>	7,813	D	
Common Stock	03/09/2010		M		2,084	A	\$35.52	9,897	D	
Common Stock	03/09/2010		S		1,997	D	\$42.108 <sup>(2)</sup>	7,900	D	
Common Stock	03/09/2010		M		938	A	\$38.72	8,838	D	
Common Stock	03/09/2010		S		938	D	\$42.1526 <sup>(3)</sup>	7,900	D	
Common Stock	03/09/2010		M		4,500	A	\$30.25	12,400	D	
Common Stock	03/09/2010		S		4,500	D	\$42.2153 <sup>(4)</sup>	7,900	D	
Common Stock	03/09/2010		S		87	D	\$42.07	7,813	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					
Non-Qualified Stock Option (right to buy)	\$30.25	03/09/2010		M			4,500	(5)	07/26/2011	Common Stock 4,500	\$0.00	20,500	D	
Non-Qualified Stock Option (right to buy)	\$35.52	03/09/2010		M			1,997	(6)	11/15/2010	Common Stock 1,997	\$0.00	0	D	
Non-Qualified Stock Option (right to buy)	\$38.72	03/09/2010		M			938	(7)	02/01/2011	Common Stock 938	\$0.00	0	D	
Incentive Stock Option (right to buy)	\$35.52	03/09/2010		M			87	(6)	11/15/2010	Common Stock 87	\$0.00	0	D	

**Explanation of Responses:**

- The price shown above represents the weighted average price of the shares sold. The range of sale prices was \$42.16 to \$42.35.
- The price shown above represents the weighted average price of the shares sold. The range of sale prices was \$42.07 to \$42.14.
- The price shown above represents the weighted average price of the shares sold. The range of sale prices was \$42.14 to \$42.16.

4. The price shown above represents the weighted average price of the shares sold. The range of sale prices was \$42.16 to \$42.33.
5. 25% of the shares vested on the first, second, third and fourth anniversary of the grant date of 7/26/2005.
6. 25% of the shares vested on the first anniversary of the grant date of 11/15/2004 and the remaining 75% vested monthly thereafter over 36 months.
7. 25% of the shares vested on the first anniversary of the grant date of 2/1/2005 and the remaining 75% vested monthly thereafter over 36 months.

**Remarks:**

/s/ Kathryn Lamping;  
Attorney-in-Fact

03/10/2010

\*\* 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.**