FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL								
OMB Number:	3235-0287							
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0.5

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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 Eychange Act of 1934

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(Last) (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) (Street) PLAINSBORO NJ 08536 (City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) Table II - Derivative Securities Acquired (A) or Date (A) or Owned Following (Borred Transaction(B)) (Instr. 3), and d) (Instr. 3) Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) Liftle of Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) Liftle of Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) Liftle of Derivative Securities Acquired (A) or Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) Liftle of Derivative Securities Acquired (A) or Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) Liftle of Derivative Securities Acquired (A) or Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) Liftle of Derivative Securities Acquired (A) or Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) Liftle of Derivative Securities Acquired (A) or Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) Liftle of Derivative Securities (Month/Day/Year) Annount of Securities (Instr. 4) Annount of Securities (Instr. 5) Derivative Securities (Instr. 4) Derivative Securities (Instr. 5) Derivative Securities (Instr. 4)	1. Name and Address of Reporting Person* OGRADY JUDITH				IN	INTEGRA LIFESCIENCES HOLDINGS									Check a	all app Direc	licable) tor	10% (Owner	
City (State) (City (State) (Zip) X Form filed by One Reporting Person Form filed by More than One Reporting Form filed by One Reported Form file	, ,	, , , , , , , , , , , , , , , , , , , ,															belov	v) ``	below)	
1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Year) 3. Transaction Code (Instr. 3, 4 and 5) 3. Transaction (Disposed Of (D) (Instr. 3, 4 and 5) 4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 4) 5. Namount of Securities Date (D) or Indirect (D	PLAINSBORO NJ 08536				4. If	4. If Amendment, Date of Original Filed (Month/Day/Year)									ne)	Form filed by One Reporting Person Form filed by More than One Reporting				
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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) 2. Conversion or Exercise Price of Derivative Security Security Security 2. Conversion or Exercise Price of Derivative Security Security Security 3. Transaction Date (Month/Day/Year) 4. Transaction Code (Instr. 3) 5. Number of of Derivative Securities (Month/Day/Year) 6. Date Exercisable and Expiration Date (Month/Day/Year) 7. Title and Amount of Securities Underlying Derivative Securities (Month/Day/Year) 8. Price of Derivative Securities Underlying Derivative Securities (Month/Day/Year) 8. Price of Derivative Securities Underlying Derivative Securities Underlying Derivative Securities (Month/Day/Year) 8. Price of Derivative Securities Underlying Derivative Securities (Month/Day/Year) 9. Number of derivative Securities Underlying Derivative Securities Underlying Normal Amount of Company (Instr. 4) 8. Price of Derivative Securities Underlying Normal Amount of Securities Underlying Derivative Securities Underlying Normal Amount of Company (Instr. 4) 8. Price of Derivative Securities Underlying Normal Amount of Securities Underlying Derivative Securities Underlying Normal Amount of Securities Underlying Derivative Securities Underlying Normal Amount of Securities Underlying Derivative Securities Underlying United (Instr. 4) 8. Price of Derivative Securities Underlying United (Instr. 5) 8. Price of Derivative Securities Underlying United (Instr. 4) 8. Price of Derivative Securities Underlying United (Instr. 5) 8. Price of Derivative Securities Underlying United (Instr. 4) 8. Price of Derivative Securities Underlying United (Instr. 5) 8. Price of Derivative Securities Underlying United (Instr. 5) 8. Price of Derivative Securities Underlying United (Instr. 5) 9. Number of Derivative Securities Underlying United (Instr. 5) 9. Number of Derivative Securities United (Instr. 5) 9. Number of Derivative Securities United (Instr. 5) 9. Number of Derivative Secu	Date				Day/Year) if		Execution Date, if any		Transaction Code (Instr.		Disposed Of (D) (Instr. 3,			nd S	Securities Beneficially Owned Following		Form: Direct (D) or Indirect	7. Nature of Indirect Beneficial Ownership		
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 Security Security Security Security Security Security Security Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) Amount or Amount of Disposed of (D) (Instr. 4) Amount or Amount or Security (Instr. 5) Amount or Amount or Security (Instr. 4) Amount or Amount or Security (Instr. 4) Amount or Security (Instr. 4)										Code	v	Amount	((A) or (D)	Price	1	Transaction(s)			(111511.4)
(e.g., puts, calls, warrants, options, convertible securities) 1. Title of Derivative Security (Instr. 3) 1. Title of Derivative Security Securities Security Security Security Security Security Security Secur	Common Stock 03/01					/2013						1,000	D \$4		\$40	.35	22,674		D	
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Date Expiration of	Derivative Security	Conversion or Exercise Price of Derivative	Date	Execution if any	Date,	Transa Code (Transaction Code (Instr.		of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4		Expiration Date (Month/Day/Ye		Amount of Securities Underlying Derivative Security (Instr. and 4)		ount	Deriva Securi	vative urity	derivative Securities Beneficially Owned Following Reported Transaction(Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)

Explanation of Responses:

1. The transaction reported in this Form 4 was affected pursuant to a Rule 10b5-1 trading plan previously adopted by the reporting person.

Remarks:

/s/ Kathryn Lamping; 03/05/2013 Attorney-in-Fact

** 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.