

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

OMB APPROVAL	
OMB Number:	3235-0287
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1. Name and Address of Reporting Person * <u>CARUSO RICHARD E</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 <input checked="" type="checkbox"/> 10% Owner Officer (give title below) Other (specify below)
	3. Date of Earliest Transaction (Month/Day/Year) <u>11/30/2010</u>	
	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	11/30/2010		M		10,000	A	\$33.32	48,071	D	
Common Stock	11/30/2010		S		10,000	D	\$43.0748 ⁽¹⁾	38,071	D	
Common Stock	11/30/2010		M		17,500	A	\$24.82	55,571	D	
Common Stock	11/30/2010		S		7,500	D	\$43.1824 ⁽²⁾	48,071	D	
Common Stock	11/30/2010		S		10,000	D	\$43.2675 ⁽³⁾	38,071	D	
Common Stock								23,338	I	by Corporation
Common Stock								6,591,205	I	by Partnership

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)	\$24.82	11/30/2010		M			7,500	(4)	05/20/2017	Common Stock	7,500	\$0.00	10,000	D	
Non-Qualified Stock Option (right to buy)	\$24.82	11/30/2010		M			10,000	(4)	05/20/2017	Common Stock	10,000	\$0.00	0	D	
Non-Qualified Stock Option (right to buy)	\$33.32	11/30/2010		M			10,000		11/17/2005 05/17/2011	Common Stock	10,000	\$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 \$43.01 to \$43.19.
- The price shown above represents the weighted average price of the shares sold. The range of sale prices was \$43.30 to \$43.103.
- The price shown above represents the weighted average price of the shares sold. The range of the sale prices was \$43.12 to \$43.30.
- 25% of the stock options vested every quarter from the grant date of 5/20/2009

Remarks:

/s/ Kathryn Lamping; Attorney-in-Fact 12/01/2010

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.