

FORM 4
STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check this box if no longer subject to Section 16.
Form 4 or Form 5 obligations may continue.

1. Name and Address of Reporting Person(s)
O'Grady, Judith
311 Enterprise Drive
Plainsboro, New Jersey 08536
2. Issuer Name and Ticker or Trading Symbol
Integra LifeSciences Holdings Corp. (IART)
3. I.R.S. Identification Number of Reporting Person, if an entity (Voluntary)
4. Statement for Month/Day/Year
04/08/2003
5. If Amendment, Date of Original (Month/Day/Year)
6. Relationship of Reporting Person(s) to Issuer (Check all applicable)
 Director 10% Owner
 Officer (give title below) Other (specify below)
Senior V.P., Regulatory,
Quality, Assurance & Clinical
7. Individual or Joint/Group Filing (Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

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

1) Title of Security	2) Trans- action Date (Month/ Day/Year)	3) Trans- action Code Code V	4) Securities Acquired (A) or Disposed of (D) Amount Price	5) Amount of Securities Beneficially Owned at End of Month	6) Nature of Ownership D or I	7) Nature of Indirect Beneficial Ownership
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Table II (PART 1) Derivative Securities Acquired, Disposed of, or Beneficially Owned (Columns 1 through 6)

1) Title of Derivative Security	2) Conversion or Exercise Price of Derivative Security	3) Trans- action Date	4) Trans- action Code Code V	5) Number of Derivative Securities Acquired (A) or Disposed of (D) A D	6) Date Exercisable and Expiration Date Exercisable Expiration
Incentive Stock Option (right to buy)	\$22.7800	04/07/03	A V	167	04/07/09
Non-Qualified Stock Option (right to buy)	\$22.7800	04/07/03	A V	333	04/07/09

Table II (PART 2) Derivative Securities Acquired, Disposed of, or Beneficially Owned (Columns 1,3 and 7 through 11)

1) Title of Derivative Security	3) Trans- action Date	7) Title and Amount of Underlying Securities Title	8) Price of Deri- vative Security Amount or Number of Shares	9) Number of Derivative Securities Beneficially Owned at End of Month	10) Nature of Ownership D or I	11) Nature of Indirect Beneficial Ownership
Incentive Stock Option (right to buy)	04/07/03	Common Stock	167	167	D	Direct
Non-Qualified Stock Option (right to buy)	04/07/03	Common Stock	333	333	D	Direct

Explanation of Responses:

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25% of the options vest one year after the grant date, with the remaining 75% vesting monthly thereafter over 36 months

SIGNATURE OF REPORTING PERSON
/S/ O'Grady, Judith
DATE 04/08/03