

OMB APPROVAL	
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**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>1. Name and Address of Reporting Person*</b> <u>ESSIG STUART</u> <hr/> (Last) (First) (Middle) <u>311 C ENTERPRISE DRIVE</u> <hr/> (Street) <u>PLAINSBORO NJ 08536</u> <hr/> (City) (State) (Zip)	<b>2. Issuer Name and Ticker or Trading Symbol</b> <u>INTEGRA LIFESCIENCES HOLDINGS CORP [ IART ]</u>	<b>5. Relationship of Reporting Person(s) to Issuer</b> (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner Officer (give title below) Other (specify below)
	<b>3. Date of Earliest Transaction (Month/Day/Year)</b> <u>12/11/2012</u>	
	<b>4. If Amendment, Date of Original Filed (Month/Day/Year)</b>	<b>6. Individual or Joint/Group Filing (Check Applicable Line)</b> <input checked="" type="checkbox"/> 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 (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	12/11/2012		M		750,000	A	\$0.00 <sup>(1)</sup>	1,393,637	D	
Common Stock	12/11/2012		M		915,998	A	\$0.00 <sup>(2)</sup>	2,309,635	D	
Common Stock	12/11/2012		F		745,266	D	\$40.02	1,564,369	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						Title
Restricted Units	\$0.00 <sup>(1)</sup>	12/11/2012		M		750,000		(1)	(1)	Common Stock	750,000	\$0.00	0	D	
Restricted Units	\$0.00 <sup>(2)</sup>	12/11/2012		M		915,998		(2)	(2)	Common Stock	915,998	\$0.00	0	D	

**Explanation of Responses:**

- The units vested 100% on the same day as the grant date which is 7/27/2004. The award was a contract stock unit award providing for the payment of 750,000 shares of Integra common stock which are delivered to Mr. Essig within 3 business days following the first business day that occurs immediately following the six month period after the date of his separation of service.
- The units vested on or before 12/20/2011 and the awards were contract stock unit awards providing for the payment of 915,998 shares of Integra common stock which are delivered to Mr. Essig within 3 business days following the first business day that occurs immediately following the six month period after the date of his separation of service.

**Remarks:**

/s/ Kathryn Lamping; Attorney-in-Fact 12/13/2012

\*\* 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.

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