FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL

OMB Number: 3235-028'
Estimated average burden

0.5

hours per response:

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

IDGE RO						Name <b>a</b>	nd Tick	er or Trac	dina 9	Symbol				<b>5</b> 1 2 1	in of Donostin	g Person(s) to I	ccuor
(Fi		1. Name and Address of Reporting Person*  PALTRIDGE ROBERT D					2. Issuer Name and Ticker or Trading Symbol INTEGRA LIFESCIENCES HOLDINGS CORP [ IART ]									10% (	
(Last) (First) (Middle) 311 C ENTERPRISE DRIVE					3. Date of Earliest Transaction (Month/Day/Year) 04/01/2013									^ belo	,	below s. Extrem Rec	)`` _
treet) LAINSBORO NJ 08536  Sity) (State) (Zip)			4. If	4. If Amendment, Date of Original Filed (Month/Day/Year)									ne) X Fori Fori	ridual or Joint/Group Filing (Check Applicable  Form filed by One Reporting Person  Form filed by More than One Reporting  Person			
	Tab	e I - No	n-Deriv	ative	Sec	curitie	s Acc	quired,	Dis	posed o	f, or	Bene	eficia	lly Own	ed		
Date				/Day/Year) if an		xecution Date, any		Transaction [						d Secu Bene Owne	rities ficially d Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
							Code	v	Amount	(A (D	) or )	Price	Trans	action(s)		(11150.4)	
Common Stock 04/01/2				L/ <b>20</b> 13	2013					479		D	\$38.	96	51,565	D	
Common Stock 04/02/2				/2013						622		D	\$39.	42	50,943	D	
	Ta							,		,			,	Owned			
Derivative Conversion D		Execution if any	ecution Date, 1 ny ( onth/Day/Year) 8		Transaction Code (Instr. 8)		of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		Expiration Date (Month/Day/Year)  Date Expiration			Amount or Number of		Derivative Security	ve derivative Securities Beneficiall Owned Following Reported	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
	Conversion or Exercise Price of Derivative	(State) ( Table curity (Instr. 3)  Stock  Stock  Conversion or Exercise Price of Derivative	(State) (Zip)  Table I - No ecurity (Instr. 3)  Stock  Table II -    2. Conversion or Exercise Price of Derivative  3. Transaction Date (Month/Day/Year)    Execution if any (Month/D	Table I - Non-Deriver (Month/l/security (Instr. 3)  2. Trans Date (Month/l/security (Instr. 3)  2. Trans Date (Month/l/security (Month/l/security (Instr. 3)  Table II - Derivate (e.g., pict. 3. Transaction Date (Month/Day/Year)  2. Conversion or Exercise (Month/Day/Year)  Price of Derivative	Table I - Non-Derivative  Courity (Instr. 3)  Table I - Non-Derivative  2. Transaction Date (Month/Day/Yea  Conversion or Exercise Price of Derivative of De	Table I - Non-Derivative Security (Instr. 3)  Stock  Table II - Derivative Security (Instr. 3)  3. Transaction Date (Instr. 3)  3. Transaction Date (Instr. 3)  Table II - Derivative Security (Instr. 3)  3. Transaction Date (Instr. 3)  3. Transaction Date (Instr. 3)  Table II - Derivative Security (Instr. 3)	Table I - Non-Derivative Securities  Curity (Instr. 3)  2. Transaction Date (Month/Day/Year)  Conversion Or Exercise Price of Derivative Security  2. Transaction Date (Month/Day/Year)  3. Transaction Date (Month/Day/Year)  4. Transaction Code (Instr. Securities (A) (Month/Day/Year)  5. Number of Code (Instr. Securities (Month/Day/Year)  6. Number of Code (Instr. Securities (Month/Day/Year)	Table I - Non-Derivative Securities According (Instr. 3)  Table II - Derivative Securities According (Month/Day/Year)  Table II - Derivative Securities Acquive (e.g., puts, calls, warrants, (Month/Day/Year)  Table II - Derivative Securities Acquive (e.g., puts, calls, warrants, (Month/Day/Year)  Table II - Derivative Securities Acquive (e.g., puts, calls, warrants, (Month/Day/Year)  Table II - Derivative Securities Acquive (e.g., puts, calls, warrants, (Month/Day/Year)  Table II - Derivative Securities Acquive (e.g., puts, calls, warrants, (Month/Day/Year)  Table II - Derivative Securities Acquive (e.g., puts, calls, warrants, (Month/Day/Year)  Table II - Derivative Securities Acquive (e.g., puts, calls, warrants, (Month/Day/Year)  Table II - Derivative Securities Acquive (e.g., puts, calls, warrants, (Month/Day/Year)  Table II - Derivative Securities Acquive (e.g., puts, calls, warrants, (Month/Day/Year)  Table II - Derivative Securities Acquive (e.g., puts, calls, warrants, (Month/Day/Year)  Table II - Derivative Securities Acquive (e.g., puts, calls, warrants, (Month/Day/Year)  Table II - Derivative Securities Acquive (e.g., puts, calls, warrants, (Month/Day/Year)  Table II - Derivative Securities Acquive (e.g., puts, calls, warrants, (Month/Day/Year)  Table II - Derivative Securities Acquive (e.g., puts, calls, warrants, (Month/Day/Year)  Table II - Derivative Securities Acquive (e.g., puts, calls, warrants, (Month/Day/Year)  Table II - Derivative Securities Acquive (e.g., puts, calls, warrants, (Month/Day/Year)	Table I - Non-Derivative Securities Acquired,  Bourity (Instr. 3)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  3. Transaction (Month/Day/Year)  4. Transaction Date (E.g., puts, calls, warrants, option)  2. Table II - Derivative Securities Acquired, Dispersivative (Month/Day/Year)  3. Transaction Date (E.g., puts, calls, warrants, option)  3. Transaction (E.g., puts, calls, warrants, option)  4. Transaction Code (Instr. option)  5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4) (Month/Day/Year)  6. Date Date	Table I - Non-Derivative Securities Acquired, Disecurity (Instr. 3)    2. Transaction Date (Month/Day/Year)   2. Transaction Date (Month/Day/Year)   2. Transaction Date (Month/Day/Year)   3. Transaction Code (Instr. 8)   Code   V	Table I - Non-Derivative Securities Acquired, Disposed of Execution Date, (Month/Day/Year)   2. Transaction Date, (Month/Day/Year)   2. Transaction Date, (Month/Day/Year)   3. Transaction Dodge (Instr. 3)   Code   V   Amount   Transaction Date (Month/Day/Year)   Transaction Date (Month/Day/Year)   Transaction Date (Month/Day/Year)   Transaction Date (Price of Date (Month/Day/Year)   Transaction Date (Month/Day/Year)   Tran	Table I - Non-Derivative Securities Acquired, Disposed of, or I able I - Non-Derivative Securities Acquired, Disposed of, or I accurity (Instr. 3)  2. Transaction Date (Month/Day/Year)  2. Transaction (Month/Day/Year)  2. Code   V   Amount   (A   Date   Date   Date   Code   Code	Table I - Non-Derivative Securities Acquired, Disposed of, or Benefication Date (Month/Day/Year) Stock  Table II - Derivative Securities Acquired, Disposed of (D) (Instr. 5)  Table II - Derivative Securities Acquired, Disposed of (D) (Instr. 5)  Table II - Derivative Securities Acquired, Disposed of (D) (Instr. 5)  Table II - Derivative Securities Acquired, Disposed of, or Benefication Date (e.g., puts, calls, warrants, options, convertible securities Acquired (A) or Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)  Date Expiration Date Expiration Date (Month/Day/Year) Amount of Security (D) (Instr. 3, 4 and 5)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficial Security (Instr. 3)    2. Transaction Date (Month/Day/Year)   2. Transaction Date (Month/Day/Year)   2. Transaction Date (Month/Day/Year)   3. Transaction Code (Instr. 8)   4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)   5. Stock   0.4/01/2013   F   4.79   D   \$38.	(State) (Zip)  Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owner (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed Of (D) (Instr. 3, 4 and Security (Instr. 3)  Table II - Derivative Securities Acquired, Disposed Of (D) (Instr. 3, 4 and Security (Instr. 3)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)  Table II - Derivative Securities Acquired (A) or Price of Derivative Security (Instr. 3)  Table II - Derivative Securities Acquired (A) or Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)  Table II - Derivative Securities Acquired (A) or Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)  Table II - Derivative Securities Acquired (A) or Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)  Table II - Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)  Amount of Number o	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned  2. Transaction Date (Month/Day/Year) (Month	(State) (Zip)  Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned Security (Instr. 3)  2. Transaction Date (Month/Day/Year)  (Month/Day/Year)  Stock  04/01/2013  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned Following Reported Transaction Code (Instr. 3)  Table II - Derivative Securities Acquired (A) or Object (Instr. 3 and 4)  Table II - Derivative Securities Acquired (A) or Object (Instr. 3 and 4)  Table II - Derivative Securities Acquired (A) or Object (Instr. 3 and 4)  Table II - Derivative Securities Acquired (A) or Object (Instr. 3 and 4)  Table II - Derivative Securities Acquired (A) or Object (Instr. 3 and 4)  Table II - Derivative Securities Acquired (A) or Object (Instr. 3 and 4)  Table II - Derivative Securities Acquired (A) or Object (Instr. 3 and 4)  Table II - Derivative Securities Acquired (A) or Object (Instr. 3 and 4)  Table II - Derivative Securities Acquired (A) or Object (Instr. 3 and 4)  Table II - Derivative Securities Acquired (A) or Object (Instr. 3 and 4)  Table II - Derivative Securities Acquired (A) or Object (Instr. 3 and 4)  Table II - Derivative Securities (Instr. 5)  Table II - Derivative Securities Acquired (A) or Object (Instr. 3 and 4)  Table II - Derivative Securities (Instr. 5)  Table II - Derivative Securities (Instr. 4)  Table II - Derivative Securities (Instr. 5)  Table II - Derivative Securities (Instr. 5)  Table II - Derivative Securities (Instr. 4)  Table II - Derivative Securities (Instr. 4)  Table II - Derivative Securities (Instr. 5)  Table II - Derivative Securities (Instr. 4)  Table II - Derivative Securities (Instr. 4)  Table II - Non-Derivative Securities (Instr. 5)  Table II - Derivative Securities (Instr. 4)  Table II - Derivative Securities (Instr. 4)  Table II - Non-Derivative Securities (Instr. 5)  Table II - Non-Derivative Securities (Instr. 4)  Table II - Non-Derivative Securities (Instr. 5)  Table II - Non-Derivative Securities (Instr. 4)  Table II - Non-Derivative Securities (Instr. 5)  Table

**Explanation of Responses:** 

Remarks:

/s/ Kathryn Lamping; Attorney-in-Fact 04/03/2013

\*\* Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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.

 $<sup>^{\</sup>star}$  If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

<sup>\*\*</sup> Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).