

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)

Essig, Stuart M.
(Last) (First) (Middle)

311 Enterprise Drive

(Street)

Plainsboro, New Jersey 08536
(City) (State) (Zip)

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

03/18/2003

5. If Amendment, Date of Original (Month/Day/Year)

6. Relationship of Reporting Person(s) to Issuer (Check all applicable)

[X] Director [] 10% Owner
[X] Officer (give title below) [] Other (specify below)
President and Chief Executive Officer

7. Individual or Joint/Group Filing (Check Applicable Line)

[X] 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) Transaction Date (Month/Day/Year)	3) Transaction Code	4) Securities Acquired or Disposed of (D) Amount	5) Amount of Securities Beneficially Owned at End of Month	6) Nature of Ownership	7) Indirect or Beneficial Ownership
Common Stock	03/18/03	M	161,000	A \$5.8750	D	Direct
Common Stock	03/18/03	S	161,000	D \$22.0000	D	Direct
Common Stock	03/18/03	M	39,000	A \$5.8750	D	Direct
Common Stock	03/18/03	S	39,000	D \$22.0000	71,261	D Direct

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) Transaction Date	4) Transaction Code	5) Number of Derivative Securities Acquired (A) or Disposed of (D)	6) Date Exercisable and Expiration Date
Non-Qualified Stock Option (right to buy)	\$5.8750	03/18/03	M	39,000	(1) 12/31/05
Non-Qualified Stock Option (right to buy) (2)	\$5.8750	03/18/03	M	161,000	(1) 12/26/07

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) Transaction Date	7) Title and Amount of Underlying Securities	8) Price of Derivative Security	9) Number of Derivative Securities Beneficially Owned at End of Month	10) D or I	11) Nature of Indirect Beneficial Ownership
-	-	Title	Amount or Number of Shares	-	-	-
Non-Qualified Stock Option (right to buy)	03/18/03	Common Stock	39,000	1,875	D	Direct
Non-Qualified Stock Option (right to buy) (2)	03/18/03	Common Stock	161,000	339,000	D	Direct

Explanation of Responses:

- (1) 25% of the options vest one year after the grant date, with the remaining 75% vesting monthly thereafter over 36 months
- (2) Granted on December 27, 1997

SIGNATURE OF REPORTING PERSON
/S/ Essig, Stuart M.
DATE 03/18/03