FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

: 20549	OMB APPROVAL

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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

1. Name and Address of Reporting Person* SULLIVAN JAMES M (Last) (First) (Middle) 311 ENTERPRISE DR					Issuer Name and Ticker or Trading Symbol INTEGRA LIFESCIENCES HOLDINGS CORP [IART] 3. Date of Earliest Transaction (Month/Day/Year) 05/17/2005									neck all appl	icable) or r (give title	ig Pers	Person(s) to Issuer 10% Owner Other (specify below)	
(Street) PLAINS (City)	AINSBORO NJ 08536 y) (State) (Zip)				4. If Amendment, Date of Original Filed (Month/Day/Year) Ative Securities Acquired, Disposed of, or Benefic								Lin	6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person				
1. Title of Security (Instr. 3) 2. Transac Date (Month/Date)				ction 2A. Deemed Execution Date,			3. Transact Code (In: 8)	3. Transaction Code (Instr. 8) 4. Secu Dispose 5)		ities Acquired (A) or d Of (D) (Instr. 3, 4 ar		5. Amou Securiti Benefic Owned Reporte	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)		: Direct r Indirect str. 4)	7. Nature of Indirect Beneficial Ownership Instr. 4)		
1. Title of Derivative Security (Instr. 3)	(e.g. Title of 2.			e.g., pu	Transaction Code (Instr. 8) of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			uired, Disposed of,			, or Beneficially			8. Price of Derivative Security Securitie		10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
Non- Qualified Stock Option (right to buy)	\$33.32	05/17/2005			A	-	7,500	(5)	11/17/2005		/17/2011	Common Stock	7,500	\$0	7,500		D	

Explanation of Responses:

/s/ Jeffrey Hellman, Attorney-

in-Fact

** Signature of Reporting Person

Date

05/19/2005

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.