FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Washington, D.C. 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* HOLTZ DAVID B					<u>IN</u>	2. Issuer Name and Ticker or Trading Symbol INTEGRA LIFESCIENCES HOLDINGS CORP [IART]									5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner X Officer (give title Other (specify					
(Last) 311 C EI	(First) (Middle) ENTERPRISE DRIVE					3. Date of Earliest Transaction (Month/Day/Year) 09/10/2004									elow)		ce &	below) Treasurer	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	
(Street) PLAINSBORO NJ 08536					4.1	4. If Amendment, Date of Original Filed (Month/Day/Year)									6. Individual or Joint/Group Filing (Check Applica Line) X Form filed by One Reporting Person					
(City)	(State) (Zip)				_										Form filed by More than One Reporting Person					
		Tab	ole I - No	n-Deri	vativ	e Se	curit	ties A	cquired	Dis	posed of	f, or Bei	neficia	lly Ow	ned					
1. Title of Security (Instr. 3)				Date	2. Transaction		2A. Deemed Execution Date, if any (Month/Day/Year)		Code (3. 4. S Transaction Code (Instr.		4. Securities Acquired (A) of Disposed Of (D) (Instr. 3, 4				.	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership	
									Code	v	Amount	(A) or (D)	Price	Tra	oorted nsactio str. 3 an				(Instr. 4)	
Common	Stock			09/1	09/10/2004				S		963	D	\$31.	\$31.75			D			
Common	Stock			09/1	10/2004				М		1,489	A	\$5.8	\$5.875		0		D		
Common	Stock			09/1	0/2004	4			М		1,800	A	\$6.56	\$6.5625		0		D		
Common	Stock			09/1	0/2004	4			М		4,000	A	\$13.6	525	0		D			
Common Stock 09/10/				0/2004	/2004					2,000	A	\$13.6	525	0			D			
Common Stock 09/10/2					0/2004	2004					2,000	D	\$31.	\$31.75		0		D		
Common Stock 09/10/3					0/2004	/2004					5,000	D	\$31.	75	15,866			D		
		-	Table II -								osed of,			y Own	ed	'				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deeme Execution if any (Month/Da	(e.g.,		call	5. Nof Deri Sec Acq (A) of Disp of (I	umber ivative urities uired or posed D) tr. 3, 4		ns, c	convertib		d f s Security	8. Pric Deriva Securi (Instr.	e of stive (ity 5)	9. Number derivative Securities Beneficial Owned Following Reported Transactio (Instr. 4)	ly	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
Derivative Security	Conversion or Exercise Price of Derivative	3. Transaction Date	3A. Deemo	(e.g.,	puts, 4. Transa Code (call	5. Nof Deri Sec Acq (A) of Disp of (I (Ins	umber ivative urities uired or posed D) tr. 3, 4	6. Date Ex	ns, (ercisa n Date ny/Yea	convertib	7. Title and Amount of Securities Underlying Derivative	d f s Security	8. Pric Deriva Securi (Instr.	e of stive (ity 5)	derivative Securities Beneficial Owned Following Reported Transactio	ly	Ownership Form: Direct (D) or Indirect	of Indirect Beneficial Ownership	
Derivative Security	Conversion or Exercise Price of Derivative	3. Transaction Date	3A. Deemo	(e.g.,	4. Transa Code (8)	action (Instr.	5. No of Deri Sec Acq (A) o Disp of (I (Ins and	umber ivative urities uired or oosed O) tr. 3, 4	S, Optio 6. Date Ex Expiration (Month/Da	ns, (able and r)	7. Title am Amount o Securities Underlyin Derivative (Instr. 3 ar	d f f s security nd 4) Amoun or Numbe of	8. Pric Deriva Securi (Instr.	se of stitive stity stit	derivative Securities Beneficial Owned Following Reported Transactio	ly	Ownership Form: Direct (D) or Indirect	of Indirect Beneficial Ownership	
Derivative Security (Instr. 3) Incentive Stock Option (right to	Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemo	(e.g.,	4. Transa Code (8)	action (Instr.	5. No of Deri Sec Acq (A) o Disp of (I (Ins and	umber ivative urities uired or cossed or tr. 3, 4 5)	S, optio 6. Date Ex Expiration (Month/Da	ns, (ercisa n Date n Da	econvertible able and r) Expiration Date	7. Title am Amount o Securities Underlyin Derivative (Instr. 3 ar	d f f g g Security and 4) Amoun or Numbe of Shares	8. Pric Deriva Securi (Instr.	titive (state of state of stat	derivative Securities Beneficial Owned Following Reported Transacti (Instr. 4)	ly	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	of Indirect Beneficial Ownership	
Incentive Stock Option (right to buy) Incentive Stock Option (right to	Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemo	(e.g.,	puts, 4. Transac Code (8)	action (Instr.	5. No of Deri Sec Acq (A) o Disp of (I (Ins and	umber ivative urities united or coosed D) tr. 3, 4 5)	S, optio 6. Date Ex Expiration (Month/Date Exercisab	ns, (carercisas no Date and Da	Expiration Date	7. Title am Amount o Securities Underlyin Derivative (Instr. 3 ar Title	Amoun or Numbe of Shares	8. Pric Deriva Securi (Instr.	titive (in the control of the contro	derivative Securities Beneficiall Owned Following Reported Transactic (Instr. 4)	ily	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	of Indirect Beneficial Ownership	

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.

/s/ David B. Holtz

09/13/2004

** 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.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid	l OMB Number.