

**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

OMB APPROVAL	
OMB Number:	3235-0287
Estimated average burden hours per response:	0.5

1. Name and Address of Reporting Person* <b>NOCIOLO DON R</b>			2. Issuer Name and Ticker or Trading Symbol <b>INTEGRA LIFSCIENCES HOLDINGS CORP [ IART ]</b>			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <b>Senior V.P., Operations</b>		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) <b>06/15/2005</b>			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person		
311 C ENTERPRISE DRIVE			4. If Amendment, Date of Original Filed (Month/Day/Year)					
(Street) <b>PLAINSBORO NJ 08536</b>								
(City) (State) (Zip)								

**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	06/15/2005		S		300	D	\$31.39	17,735	D	
Common Stock	06/15/2005		S		100	D	\$31.39	17,635	D	
Common Stock	06/15/2005		S		100	D	\$31.39	17,535	D	
Common Stock	06/15/2005		S		100	D	\$31.38	17,435	D	
Common Stock	06/15/2005		S		181	D	\$31.38	17,254	D	
Common Stock	06/15/2005		S		619	D	\$31.38	16,635	D	
Common Stock	06/15/2005		S		100	D	\$31.38	16,535	D	
Common Stock	06/15/2005		S		100	D	\$31.37	16,435	D	
Common Stock	06/15/2005		S		119	D	\$31.35	16,316	D	
Common Stock	06/15/2005		S		81	D	\$31.35	16,235	D	
Common Stock	06/15/2005		S		200	D	\$31.35	16,035	D	
Common Stock	06/15/2005		S		600	D	\$31.35	15,435	D	
Common Stock	06/15/2005		S		100	D	\$31.3	15,335	D	
Common Stock	06/15/2005		S		19	D	\$31.3	15,316	D	
Common Stock	06/15/2005		S		1,000	D	\$31.3	14,316	D	
Common Stock	06/16/2005		M		2,430	A	\$5.875	16,746	D	
Common Stock	06/16/2005		M		500	A	\$11.5	17,246	D	
Common Stock	06/16/2005		M		3,542	A	\$13.625	20,788	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
Incentive Stock Option (right to buy)	\$5.875	06/16/2005		M			2,430	(I)	12/31/2005	Common Stock	2,430	\$0	0	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	Amount or Number of Shares				
Incentive Stock Option (right to buy)	\$11.5	06/16/2005		M			500	(2)	09/19/2006	Common Stock	500	\$0	0	D	
Incentive Stock Option (right to buy)	\$13.625	06/16/2005		M			3,542	(3)	12/30/2006	Common Stock	3,542	\$0	0	D	

**Explanation of Responses:**

- 25% of the options vested one year after the December 31, 1999 grant date, and the remaining 75% vested monthly thereafter over 36 months.
- 25% of the options vested one year after the September 19, 2000 grant date, and the remaining 75% vested monthly thereafter over 36 months.
- 25% of the options vested one year after the December 30, 2000 grant date, and the remaining 75% vested monthly thereafter over 36 months.

**Remarks:**

Exhibit List Exhibit 24.1 - Power of Attorney

/s/ Jeffrey Hellman, Attorney-in-Fact     06/17/2005

\*\* 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 OMB Number.

## POWER OF ATTORNEY

Know all by these presents, that the undersigned hereby authorizes Jeffrey Hellman, Thomas Pezick and Carla Marcinko to execute for and on behalf of the undersigned, Forms 3, 4 and 5, and any amendments thereto, and cause such form(s) to be filed with the United States Securities and Exchange Commission pursuant to Section 16(a) of the Securities Act of 1934, relating to the undersigned's beneficial ownership of securities in Integra LifeSciences Holdings Corporation (the "Company"). The undersigned hereby grants to each such attorney-in-fact full power and authority to do and perform any and every act and thing whatsoever requisite, necessary, or proper to be done in the exercise of any of the rights and powers herein granted, as fully to all intents and purposes as the undersigned might or could do if personally present, with full power of substitution or revocation, hereby ratifying and confirming all that such attorney-in-fact, or such attorney-in-fact's substitute or substitutes, shall lawfully do or cause to be done by virtue of this power of attorney and the rights and powers herein granted. The undersigned acknowledges that the foregoing attorneys-in-fact, in serving in such capacity at the request of the undersigned, are not assuming, nor is the Company assuming, any of the undersigned's responsibilities to comply with Section 16 of the Securities Exchange Act of 1934.

This Power of Attorney shall remain in full force and effect until the undersigned is no longer required to file Forms 3, 4 and 5 with respect to the undersigned's holdings of, and transactions in, securities issued by the Company, unless earlier revoked by the undersigned in a signed writing delivered to the foregoing attorneys-in-fact.

IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of this 20th day of April, 2005.

/s/ Donald R. Nociolo

Print Name: Donald R. Nociolo