

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
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1. Name and Address of Reporting Person * <u>OGRADY JUDITH</u> (Last) (First) (Middle) <u>311 C ENTERPRISE DRIVE</u> (Street) <u>PLAINSBORO NJ 08536</u> (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>INTEGRA LIFESCIENCES HOLDINGS CORP [IART]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>Sr.VP Regulatory, Quality Assr</u>
	3. Date of Earliest Transaction (Month/Day/Year) <u>04/14/2010</u>	
4. If Amendment, Date of Original Filed (Month/Day/Year)		

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	04/14/2010		M ⁽¹⁾		15,000	A	\$35.52	46,051	D	
Common Stock	04/14/2010		M ⁽¹⁾		710	A	\$32.02	46,761	D	
Common Stock	04/14/2010		M ⁽¹⁾		5,000	A	\$32.32	51,761	D	
Common Stock	04/14/2010		M ⁽¹⁾		13,474	D	\$44.0397	38,287	D	
Common Stock	04/14/2010		M ⁽¹⁾		192	D	\$43.52	38,095	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)	\$32.02	04/14/2010		M ⁽¹⁾			58	(2)	11/01/2010	Common Stock	58	\$0.00	0	D	
Incentive Stock Option (right to buy)	\$32.02	04/14/2010		M ⁽¹⁾			230	(2)	11/01/2010	Common Stock	230	\$0.00	0	D	
Incentive Stock Option (right to buy)	\$32.02	04/14/2010		M ⁽¹⁾			230	(2)	11/01/2010	Common Stock	230	\$0.00	0	D	
Incentive Stock Option (right to buy)	\$32.32	04/14/2010		M ⁽¹⁾			5,000	(3)	06/01/2010	Common Stock	5,000	\$0.00	0	D	
Incentive Stock Option (right to buy)	\$35.52	04/14/2010		M ⁽¹⁾			1,526	(4)	11/15/2010	Common Stock	1,526	\$0.00	0	D	
Non-Qualified Stock Option (right to buy)	\$32.02	04/14/2010		M ⁽¹⁾			192	(2)	11/01/2010	Common Stock	192	\$0.00	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)				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				
Non-Qualified Stock Option (right to buy)	\$35.52	04/14/2010		M ⁽¹⁾			13,474	(4)	11/15/2010	Common Stock	13,474	\$0.00	0	D	

Explanation of Responses:

- The transactions reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan previously adopted by the reporting person.
- 25% of the shares vest on the first anniversary of the grant date of 11/1/2004 and the remaining 75% vest monthly thereafter over 36 months.
- 25% of the shares vest on the first anniversary of the grant date of 06/1/2004 and the remaining 75% vest monthly thereafter over 36 months.
- 25% of the shares vest on the first anniversary of the grant date of 11/15/2004 and the remaining 75% vest monthly thereafter over 36 months.

Remarks:

/s/ Kathryn Lamping; Attorney-in-Fact 04/15/2010

** 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.