

**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 *<br><u>ESSIG STUART</u><br><br>(Last) (First) (Middle)<br><u>311 C ENTERPRISE DRIVE</u><br><br>(Street)<br><u>PLAINSBORO NJ 08536</u><br><br>(City) (State) (Zip) | 2. Issuer Name and Ticker or Trading Symbol<br><u>INTEGRA LIFESCIENCES HOLDINGS CORP [ IART ]</u> | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable)<br><input checked="" type="checkbox"/> Director 10% Owner<br><br>Officer (give title below) Other (specify below) |
|  | 3. Date of Earliest Transaction (Month/Day/Year)<br><u>01/10/2014</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                    | 01/10/2014                           |  | M <sup>(1)</sup>               |   | 93,569  | A          | \$31.38                  | 1,244,735   | D  |   |
| Common Stock                    | 01/10/2014                           |  | s <sup>(1)</sup>               |   | 93,569  | D          | \$49.5096 <sup>(2)</sup> | 1,151,166   | D  |   |
| Common Stock                    | 01/13/2014                           |  | M <sup>(1)</sup>               |   | 5,463   | A          | \$31.38                  | 1,156,629   | D  |   |
| Common Stock                    | 01/13/2014                           |  | s <sup>(1)</sup>               |   | 5,463   | D          | \$49.5011 <sup>(3)</sup> | 1,151,166   | 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 |
| Non-Qualified Stock Option (right to buy)  | \$31.38  | 01/10/2014                           |  | M <sup>(1)</sup>               |   |  | 93,569 | (4)  | 07/27/2014      | Common Stock  | 93,569                                     | \$0.00   | 42,000  | D  |       |
| Non-Qualified Stock Option (right to buy)  | \$31.38  | 01/13/2014                           |  | M <sup>(1)</sup>               |   |  | 5,463  | (4)  | 07/27/2014      | Common Stock  | 5,463                                      | \$0.00   | 36,537  | 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.
- The price shown above represents the weighted average price of the shares sold. The range of sale prices was \$49.50 to \$49.59.
- The price shown above represents the weighted average price of the shares sold. The range of sale prices was \$49.50 to \$49.52.
- 25% of the option grant vested on 7/27/2005 (the first anniversary of the grant date of 07/27/2004), and the remaining 75% vested monthly thereafter over 36 months.

**Remarks:**

/s/ Kathryn Lamping; Attorney-in-Fact 01/14/2014

\*\* 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.