

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* <u>Burhop Kenneth</u> (Last) (First) (Middle) <u>311 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>CORPVP,CHIEFSCIENTIFIC OFFICER</u>
	3. Date of Earliest Transaction (Month/Day/Year) <u>07/30/2019</u>	
	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person

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	07/30/2019		M		3,456	A	\$26.865	15,921	D	
Common Stock	07/30/2019		S		3,456	D	\$63.9785 ⁽¹⁾	12,465	D	
Common Stock	07/30/2019		M		3,200	A	\$32.585	15,665	D	
Common Stock	07/30/2019		S		3,200	D	\$63.9785 ⁽¹⁾	12,465	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)	\$26.865	07/30/2019		M			3,456	(2)	03/23/2023	Common Stock	3,456	\$0.00	0 ⁽³⁾	D	
Non-Qualified Stock Option (right to buy)	\$32.585	07/30/2019		M			3,200	(4)	03/14/2024	Common Stock	3,200	\$0.00	1,684 ⁽⁵⁾	D	

Explanation of Responses:

- The price shown above represents the weighted average price of the shares sold. The range of sale prices was \$63.9717 to \$64.02.
- 25% of the shares of stock options will vest each of the first, second, third and fourth anniversaries of the grant date of 03/23/2015.
- This stock option was previously reported as covering 1,495 shares of common stock at an exercise price of \$62.10 per share. In accordance with the terms of the stock option plan, the exercise price of the option and number of shares subject to the option have been adjusted to reflect the two-for-one stock split that occurred on December 21, 2016.
- 25% of the stock options vest every first, second, third and fourth anniversaries of the grant date of 03/14/2016.
- In accordance with the terms of the stock option plan, the exercise price of the option and number of shares subject to the option have been adjusted to reflect the two-for-one stock split that occurred on December 21, 2016.

Remarks:

Eric Schwartz; Attorney-in-Fact 07/31/2019

** 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.