

FORM 5
ANNUAL STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check box if no longer subject to Section 16.
Form 4 or Form 5 obligations may continue.

Form 3 Holdings Reported

Form 4 Transactions Reported

1. Name and Address of Reporting Person(s)
Caruso, Richard E.
311 Enterprise Drive

Plainsboro, New Jersey 08536

2. Issuer Name and Ticker or Trading Symbol
Integra LifeSciences Holdings Corp. (IART)

3. I.R.S. Identification Number of Reporting Person, if an entity (Voluntary)

4. Statement for Month/Year
12/02

5. If Amendment, Date of Original (Month/Year)

6. Relationship of Reporting Person(s) to Issuer (Check all applicable)

Director 10% Owner
 Officer (give title below) Other (specify below)
Chairman

7. Individual or Joint/Group Filing (Check Applicable Line)

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	2) Trans- action Date (Month/ Day/Year)	3) Trans- action Code	4) Securities Acquired(A) or Disposed of (D) Amount	5) Amount of Securities Beneficially Owned at End of Year	6) Nature of Ownership D or I	7) Nature of Indirect Beneficial Ownership
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Table II (PART 1) Derivative Securities Acquired, Disposed of, or Beneficially Owned (Columns 1 through 6)

1) Title of Derivative Security	2) Conversion or Exercise Price of Derivative Security	3) Trans- action Date	4) Trans- action Code	5) Number of Derivative Securities Acquired (A) or Disposed of (D)		6) Date Exercisable and Expiration Date	
				A	D	Exercisable	Expiration
Non-Qualified Stock Option (right to buy)	\$19.0200	05/21/02	A	15,000		(1)	05/21/08

Table II (PART 2) Derivative Securities Acquired, Disposed of, or Beneficially Owned (Columns 1,3 and 7 through 11)

1) Title of Derivative Security	3) Trans- action Date	7) Title and Amount of Underlying Securities Title	8) Price of Deri- vative Security Amount or Number of Shares		9) Number of Derivative Securities Beneficially Owned at End of Year	10) Nature of Ownership D or I	11) Nature of Indirect Beneficial Ownership
Non-Qualified Stock Option (right to buy)	05/21/02	Common Stock	15,000		15,000	D	Direct

Explanation of Responses:

(1)
This option is fully vested three months after the grant date.

SIGNATURE OF REPORTING PERSON
/S/ Caruso, Richard E.
DATE 02/10/03