

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* CARLOZZI GERARD S			2. Issuer Name and Ticker or Trading Symbol INTEGRA LIFESCIENCES HOLDINGS CORP [IART]			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) Exec VP, COO		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 04/21/2006			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		
(Street)			4. If Amendment, Date of Original Filed (Month/Day/Year)					
(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	04/21/2006		M		6,250	A	\$32.32	8,153	D	
Common Stock	04/21/2006		M		2,291	A	\$32.39	10,444	D	
Common Stock	04/21/2006		S ⁽¹⁾		8,441	D	\$42	2,003	D	
Common Stock	04/21/2006		S ⁽¹⁾		100	D	\$42.5	1,903	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)	\$32.32	04/21/2006		M			186	(2)	06/01/2010	Common Stock	186	\$0	650	D	
Non-Qualified Stock Option (right to buy)	\$32.32	04/21/2006		M			6,064	(3)	06/01/2010	Common Stock	6,064	\$0	13,100	D	
Incentive Stock Option (right to buy)	\$32.39	04/21/2006		M			64	(4)	11/03/2009	Common Stock	64	\$0	1	D	
Non-Qualified Stock Option (right to buy)	\$32.39	04/21/2006		M			2,227	(5)	11/03/2009	Common Stock	2,227	\$0	2,708	D	

Explanation of Responses:

- The sales reported on this Form 4 were pursuant to a Rule 10b5-1 plan adopted by the Reporting Person on September 15, 2005.
- On a combined basis, 25% of this option grant and a Non-Qualified Stock Option grant made on the date of this grant vested one year after the June 1, 2004 grant date, with the remaining 75% vesting monthly thereafter over 36 months.
- On a combined basis, 25% of this option grant and an Incentive Stock Option grant made on the date of this grant vested one year after the June 1, 2004 grant date, with the remaining 75% vesting monthly thereafter over 36 months.
- On a combined basis, 25% of this option grant and a Non-Qualified Stock Option grant made on the date of this grant vested one year after the November 3, 2003 grant date, with the remaining 75% vesting monthly thereafter over 36 months.
- On a combined basis, 25% of this option grant and an Incentive Stock Option grant made on the date of this grant vested one year after the November 3, 2003 grant date, with the remaining 75% vesting monthly thereafter over 36 months.

/s/ Jeffrey Hellman, Attorney-in-Fact 04/25/2006

** Signature of Reporting Person Date

* 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.