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HOLTZ DAVID B
Form 4
April 08, 2003
      UNITED STATES SECURITIES AND EXCHANGE COMMISSION
      Washington, D.C. 20549
      FORM 4
      STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP
      [] Check this box if no longer subject to Section 16.
          Form 4 or Form 5 obligations may continue.
      1. Name and Address of Reporting Person(s)
         Holtz, David B.
         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/Day/Year
         04/08/2003
      5. If Amendment, Date of Original (Month/Day/Year)
      6. Relationship of Reporting Person(s) to Issuer (Check all applicable)
         [] Director [] 10% Owner
         [X] Officer (give title below) [ ] Other (specify below)
         Sr. Vice President, Finance,
         Treasurer, Asst. Secretary
      7. Individual or Joint/Group Filing (Check Applicable Line)
         [X] Form filed by One Reporting Person
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[] Form filed by More than One Reporting Person

Table I Non-Derivative Securities Acquired,	Disposed of, o	r Beneficially	Owned		
1)Title of Security	action ac		4.Securities Acquired(A) or Disposed of (D) A		
	(Month/		or		
	Day/Year) Co	de V Amount	D Price		

Table II (PART 1) Derivative	Securities Acqui	red, Disposed o	of, or E	Bene	ficially Owned	(Columns 1
1)Title of Derivative Security	2)Conversion or Exercise Price of	3)Trans- action Date	4)Trans- action Code		5)Number of Derivative Securities Acquired (A) or Disposed of (D)	
	Derivative Security		Code	V	A	D
Incentive Stock Option (right to buy)	\$22.7800	04/07/03	A	V	1,752	
Non-Qualified Stock Option (right to buy)	\$22.7800	04/07/03	A	V	4,248	

Table II (PART 2) Derivative Securities Acquired, Disposed of, or Beneficially Owned (Columns 1

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Security	action Date	of Underlying Securities	Amount or Number of	of Deri- vative Security
_		Title	Shares	
Incentive Stock Option (right to buy)	04/07/03	Common Stock	1,752	
Non-Qualified Stock Option (right to buy)	04/07/03	Common Stock	4,248	

SIGNATURE OF REPORTING PERSON /S/ Holtz, David B. DATE 04/08/03