ESSIG STUART Form 4/A January 31, 2006

FORM 4

OMB APPROVAL

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB Number: 3235-0287

Check this box if no longer subject to Section 16. Form 4 or Form 5

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: January 31, 2005
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0.5

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Form 4 or Form 5 obligations may continue. See Instruction

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Ad ESSIG STUA	*	rting Person *	2. Issuer Name and Ticker or Trading Symbol INTEGRA LIFESCIENCES	5. Relationship of Reporting Person(s) to Issuer		
			HOLDINGS CORP [IART]	(Check all applicable)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year)	X Director 10% OwnerX Officer (give title Other (specify		
311 C ENTERPRISE DRIVE (Street)			01/03/2006	below) President and CEO 6. Individual or Joint/Group Filing(Check		
			4. If Amendment, Date Original			
			Filed(Month/Day/Year)	Applicable Line)		
			01/05/2006	_X_ Form filed by One Reporting Person		
PLAINSBORO, NJ 08536				Form filed by More than One Reporting Person		
(City)	(State)	(Zip)	Table I Non Derivative Securities Ac	quired Disposed of ar Reposicially Owned		

(City)	(State)	Table Table	e I - Non-D	erivative So	ecuriti	es Acqu	ired, Disposed of	, or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactio Code (Instr. 8)	4. Securitie on(A) or Disp (Instr. 3, 4	osed c	of (D)	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)
Common Stock	01/03/2006		M	750,000	A	\$ 0 (1)	1,256,079 (2)	D	
Common Stock	01/03/2006		S(3)	340,000	D	\$ 34.7	916,079	D	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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SEC 1474

(9-02)

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative	2. Conversion	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if	4. Transacti	5. orNumber	6. Date Exerc Expiration D		7. Title Amount		8. Price of Derivative	9. Nu Deriv
Security (Instr. 3)	or Exercise Price of Derivative Security	(Month/Day/Tear)	any (Month/Day/Year)	Code (Instr. 8)	of	(Month/Day/		Underly Securiti (Instr. 3	ying ies	Security (Instr. 5)	Secur Bene Owne Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title N	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships							
Fg	Director	10% Owner	Officer	Other				
ESSIG STUART 311 C ENTERPRISE DRIVE PLAINSBORO, NJ 08536	X		President and CEO					

Signatures

/s/ Jeffrey Hellman, 01/31/2006 Attorney-in-Fact

**Signature of Reporting Person Date

Explanation of Responses:

- 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).
- On January 3, 2006, 750,000 restricted units (the "Restricted Units") held by the Reporting Person were converted into 750,000 shares of the Issuer's Common Stock.
- Includes 696 shares acquired under the Issuer's Employee Stock Purchase Plan on December 30, 2005 in a transaction exempt under Rule (2) 16b-3 under the Securities Exchange Act of 1934, as amended. Table II of the original Form 4 has not been amended and is not presented in this amendment as a result.
- (3) The sale reported on this Form 4 was effected pursuant to a Rule 10b5-1 trading plan adopted by the Reporting Person on June 3, 2005. Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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