

CARUSO RICHARD E
Form 4
December 01, 2010

FORM 4

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

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

(Print or Type Responses)

1. Name and Address of Reporting Person *
CARUSO RICHARD E

2. Issuer Name and Ticker or Trading Symbol
INTEGRA LIFESCIENCES HOLDINGS CORP [IART]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction (Month/Day/Year)
11/30/2010

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

311 C ENTERPRISE DRIVE

(Street)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

PLAINSBORO, NJ 08536

(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 Ownership (Instr. 4)
				(A) or (D)	Price		
				Code	V	Amount	
Common Stock	11/30/2010		M	A	10,000	\$ 33.32	48,071 D
Common Stock	11/30/2010		S	D	10,000	\$ 43.0748 (1)	38,071 D
Common Stock	11/30/2010		M	A	17,500	\$ 24.82	55,571 D
Common Stock	11/30/2010		S	D	7,500	\$ 43.1824 (2)	48,071 D
	11/30/2010		S	D	10,000		38,071 D

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Common Stock	\$					
	43,2675					
	<u>(3)</u>					
Common Stock		23,338	I			by Corporation
Common Stock		6,591,205	I			by Partnership

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

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(9-02)

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 Underlying Security (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title
Non-Qualified Stock Option (right to buy)	\$ 24.82	11/30/2010		M	7,500	<u>(4)</u> 05/20/2017	Common Stock 7,
Non-Qualified Stock Option (right to buy)	\$ 24.82	11/30/2010		M	10,000	<u>(4)</u> 05/20/2017	Common Stock 10
Non-Qualified Stock Option (right to buy)	\$ 33.32	11/30/2010		M	10,000	11/17/2005 05/17/2011	Common Stock 10

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
CARUSO RICHARD E 311 C ENTERPRISE DRIVE PLAINSBORO, NJ 08536	X	X		

Signatures

/s/ Kathryn Lamping;
Attorney-in-Fact

12/01/2010

__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).
- (1) The price shown above represents the weighted average price of the shares sold. The range of sale prices was \$43.01 to \$43.19.
- (2) The price shown above represents the weighted average price of the shares sold. The range of sale prices was \$43.30 to \$43.103.
- (3) The price shown above represents the weighted average price of the shares sold. The range of the sale prices was \$43.12 to \$43.30.
- (4) 25% of the stock options vested every quarter from the grant date of 5/20/2009

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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