

# Curly kale relieves inflammation after tooth extraction

<b>Submission date</b> 28/02/2024	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 18/03/2024	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 05/05/2026	<b>Condition category</b> Oral Health	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Curly kale is an edible vegetable that has biological and nutraceutical properties. Interestingly, among chemical compositions, anthocyanins are active ingredients which present analgesic and anti-inflammatory activities. This study aims to compare the effectiveness of a water extract of kale leaves with ibuprofen in reducing pain and inflammation in patients after lower third molar extraction.

### Who can participate?

Patients aged 18-25 years old with impacted left and right lower mandibular third molars

### What does the study involve?

Each participant will be asked to take the encapsulated kale extract or ibuprofen and vice versa for 7 days. Pain and inflammation indicators will be assessed daily for 7 days after each molar extraction.

### What are the possible benefits and risks of participating?

Participants may benefit from consuming an anthocyanin-rich kale supplement as it will relieve pain, inhibit inflammation, and avoid adverse effects of Non-steroidal anti-inflammatory drugs (NSAIDs) in patients after lower third molar extraction and consumption of ibuprofen. Participants may be at risk if they are allergic to plant-derived products.

### Where is the study run from?

The study protocol has been approved by the ethical committee of the Faculty of Dentistry, Chiang Mai University, and the trial will be conducted at the Oral and Maxillofacial Surgery Clinic, Faculty of Dentistry, Chiang Mai University

### When is the study starting and how long is it expected to run for?

December 2022 to March 2023

Who is funding the study?

This work will be performed under the Residency Training Program in Oral and Maxillofacial Surgery, Faculty of Dentistry, Chiang Mai University, Chiang Mai, Thailand, consumable chemicals and reagents was partially supported by the Royal Project Foundation, Chiang Mai.

Who is the main contact?

Dr. Vuttinun Chatupos, D.D.S., vuttinunch@yahoo.co.th, vuttinun.ch@cmu.ac.th

## Contact information

### Type(s)

Public, Scientific, Principal investigator

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## Additional identifiers

### Clinical Trials Information System (CTIS)

Ni known

### Protocol serial number

65/2565

## Study information

### Scientific Title

A randomized controlled study comparing anti-inflammatory effect between ibuprofen and curly kale (*Brassica oleracea* var. *sabellica*) extract in patients after extraction of impacted lower mandibular third molars

### **Study objectives**

Curly kale leaves which are abundant with flavonoids (e.g. anthocyanins) exert strong anti-inflammatory and wound healing effects on the tooth extraction wound.

### **Ethics approval required**

Ethics approval required

### **Ethics approval(s)**

approved 16/12/2022, Human Experimentation Committee, Faculty of Dentistry (Chiang Mai University, Chiang Mai, 50200, Thailand; +66 5394451; anak.ia@cmu.ac.th), ref: 12/12/2565

### **Study design**

Split-mouth randomized single-center clinical trial

### **Primary study design**

Interventional

### **Study type(s)**

Efficacy

### **Health condition(s) or problem(s) studied**

Patients after surgical removal of impacted mandibular third molar

### **Interventions**

In this split-mouth randomized single-center clinical trial, patients (n = 20, aged 18-25 years) following surgical removal of two impacted mandibular third molar (1 month apart) will be asked to take ibuprofen and encapsulated kale extract for 7 days. Patients are randomised using the Block randomization method

For the interventional study, the same surgeon performed all the surgery at our institution (S.N., T.S., A.K.). Volunteers received anesthetic blockade of the inferior alveolar nerve and lingual nerve block of the surgical site with 1.8 mL of the anesthetic solution (Septanest® SP, Septodont, France) containing 4% articaine and 1:100,000-dilution epinephrine. Three minutes after this injection, every volunteer received an additional injection of 0.9 mL of the same anesthetic solution into the buccal mucosa of the surgical area to guarantee hemostasis and complete anesthesia of the region. Immediately after this injection, the lower third molar surgery commenced via a standard protocol.

For postoperative pain management, participants were informed to take the kale extract capsule (500 mg anthocyanin equivalent) and an ibuprofen tablet (400 mg size, Probufen-400, Advanced Pharmaceutical Manufacturing Company Limited, Bangkok, Thailand) after the extraction of impacted mandibular third molar or vice versa every 6 hours for 7 days. In addition, 500 mg amoxicillin (SANOMOX - G 500, SEVEN STARS PHARMA, Thailand) was prescribed 4 times daily for 5 days. If needed or VAS > 5, analgesic medication by 500 mg acetaminophen (Tylenol, OLIC Limited Company, Thailand) was available for all volunteers throughout the study.

The subjects were instructed to assess their pain level using the VAS scoring tool and collect their saliva for analysis of -amylase activity, MMP9 and TGF-2 concentrations.

### **Intervention Type**

Procedure/Surgery

### **Primary outcome(s)**

The following primary outcome measures were assessed in saliva specimens collected before tooth extraction and on days 3 and 7 after tooth extraction:

1. Alpha-amylase activity measured using a colorimetric method
2. MMP9 concentrations measured using sandwich-type ELISA kits
3. TGF-1 concentrations measured using sandwich-type ELISA kits

### **Key secondary outcome(s)**

Pain was measured using a visual analogue scale (VAS) every day for 7 days

### **Completion date**

31/05/2023

## **Eligibility**

### **Key inclusion criteria**

1. Healthy according to the American Society of Anesthesiologists (ASA) criteria: Level I and II
2. Male and female
3. 18-25 years old
4. Had left and right lower mandibular third molars impacted

### **Participant type(s)**

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Lower age limit**

18 years

### **Upper age limit**

25 years

### **Sex**

All

### **Total final enrolment**

20

### **Key exclusion criteria**

1. History of ibuprofen sensitivity
2. Painful of mandibular third molar or maxillofacial area before operation
3. Taken an analgesic drug for one week before surgical removal of impacted mandibular third molar
4. Psychiatric
5. Non-compliance on recording pain and symptoms after operation
6. Unable to revisit for the next follow-up

**Date of first enrolment**

04/01/2023

**Date of final enrolment**

30/03/2023

## Locations

**Countries of recruitment**

Thailand

**Study participating centre**

**Oral and Maxillofacial Surgery Clinic, Faculty of Dentistry, Chiang Mai University**

Suthep Road, Tambol Suthep, Amphur Muang

Chiang Mai

Thailand

50200

## Sponsor information

**Organisation**

Chiang Mai University

**ROR**

<https://ror.org/05m2fqm25>

## Funder(s)

**Funder type**

Research organisation

**Funder Name**

Royal Project Foundation

## Alternative Name(s)

## Funding Body Type

Private sector organisation

## Funding Body Subtype

Trusts, charities, foundations (both public and private)

## Location

Thailand

# Results and Publications

## Individual participant data (IPD) sharing plan

The datasets generated during and/or analyzed during the current study will be available upon request from Dr. Vuttinun Chatupos, D.D.S., vuttinunch@yahoo.co.th

## IPD sharing plan summary

Available on request

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>		07/11/2024	05/05/2026	Yes	No
<a href="#">Participant information sheet</a>	English		18/03/2024	No	Yes
<a href="#">Participant information sheet</a>	Thai		18/03/2024	No	Yes
<a href="#">Protocol file</a>			18/03/2024	No	No