Overview
The extractor assembly contains five parts. From left to right, the extractor spring, spring pin, loaded chamber spring, loaded chamber plate, and extractor.

Remove the extractor
Using a 1/16" punch, or a tool such as a strong dental pick, insert it into the spring pin's hole which is shown in the rearmost access hole. You are wanting to relieve the spring pressure from the extractor, to where it may be removed.
Once the tool is inserted, rock it forward to apply rearward pressure to the extractor spring.

Once the spring pin clears the rear of the extractor, the extractor can be removed. You can use the forward most access hole to assist in pushing the extractor out. Along with it will come the loaded chamber plate and spring. Be aware that the plate and spring will want to sail across the room if you don't grab the assembly with your fingers. If you want to be safe, do this part of the disassembly with the slide and your hands in a clear plastic bag.
Here's the extractor portion removed. Still in the slide is the extractor spring and spring pin. Cover the slide with your hand and pull the tool out. The spring pin will want to fly as well.

The bare slide
Reassembly
This shows the relationship of the spring pin to the rear of the extractor (the loaded chamber spring is not shown).
Here's a technique you can use. You may want to apply a few layers of tape to the exterior of the slide for protection...just in case.

- Have the 1/16" punch at the ready to capture the spring pin.
- Insert the extractor spring into the spring's bore.
- Place the spring pin into the extractor spring.
- Get the orientation correct, as shown above, as you'll need the spring pin hole to line up with the access hole in the slide.
- Using a larger flat punch depress the spring pin and extractor spring into the bore.
- When the spring pin's hole is visible in the access hole, insert the tool, which will hold it in place. The hard part is over!
Next, assemble the extractor components.
With the extractor components assembled, carefully place it as shown.

Rock the punch forward to apply rearward pressure, just like the disassembly process. The extractor can now drop into place. Hold it in place and release the tool and pull it out.

And you're done!