How to Repaint Your Kitchen Cabinets

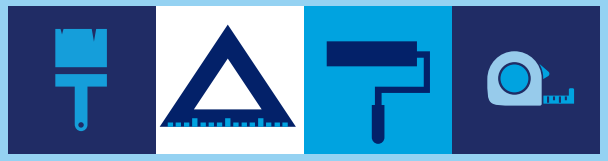
DIY Step-by-Step

Sheen

- Gloss: most durable, easy to clean, might show more imperfections
- Semi-gloss: durable, easy to clean, popular choice for cabinets
- Satin: versatile, offers some scrub resistance
- Flat: doesn't reflect much light, harder to clean

Prep

- Completing this project can take several days - be prepared to have limited kitchen access.
- Clean cabinets with TSP to remove dirt and grease. Rinse and allow to dry.
- Remove doors and hardware and number their location. Label hinge locations in the mortise and cover with tape.
- Repair dents and holes with wood filler.
- Lightly sand surfaces with medium-grit sandpaper (100-150).
- Remove dust and debris with a vacuum and tack cloth.
- Mask off surfaces/appliances with tape, plastic, rosin paper and drop cloths.
- Protect cabinet interiors that won't be painted by applying painter's tape along the frame.



Primer

- Primer covers and seals the original surface while providing a base coat for the paint.
- Use bonding primer on veneer and laminate surfaces.
- On the frames, start near the ceiling and work toward the base cabinets, following the grain of the wood.
- For doors and drawer fronts, set them on a covered table or 2x4s.
- Use painter's triangles to lift doors off the work surface. Use a Lazy Susan for easy access.
- Paint the door backs first.
- Flip over, paint inset details, panel faces, then rails and stiles (face frame).

Sand Between Coats

- Use a light to check surfaces for imperfections and runs.
- Lightly sand with 220-grit sandpaper.
- Clean with vacuum and tack cloth.

First and Second Coats

- Apply paint similar to priming. Use a brush for tight areas and mini roller for larger sections. Follow the paint recommendation for tool type and roller nap size.
- Finish paint strokes back into wet paint. Don't overwork the paint.
- Allow the finished coat to dry thoroughly. Paint can take a few weeks to cure, so be gentle.



Finish the Job

- You may need to use a knife to score lines between paint and painter's tape.
- Reinstall the hinges and pulls, then doors and drawers.

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Tools & Materials List

- ☐ _____ TSP
- ☐ _____ Degreaser
- ☐ _____ Painter's Tape
- ☐ _____ Vacuum
- ☐ _____ Caulk and Caulk Gun
- ☐ _____ Paint
- ☐ _____ Roller Tray with Liners
- ☐ _____ Painter's Triangles
- ☐ _____ Brush/Roller Spinner
- ☐ _____ Drop Cloths
- ☐ _____ Gloves
- ☐ _____ Cabinet Bumpers
- ☐ _____ Buckets
- ☐ _____ Screwdrivers
- ☐ _____ Wood Filler
- ☐ _____ Electrical Cord
- ☐ _____ Caulk Gun
- ☐ _____ Primer
- ☐ _____ Sandpaper
- ☐ _____ Paint Stir Stick
- ☐ _____ Ladder or Step Stool
- ☐ _____ Rosin Paper
- ☐ _____ Safety Glasses
- ☐ _____ Lazy Susan (optional)
- ☐ _____ Sponges
- ☐ _____ Marker
- ☐ _____ 5-in-1 Tool
- ☐ _____ Tack Cloth
- ☐ _____ Paintbrushes (various)
- ☐ _____ Mini Roller
- ☐ _____ Light (to check surface)
- ☐ _____ Utility Knife
- ☐ _____ Rags
- ☐ _____ Plastic Sheeting
- ☐ _____ Sawhorses

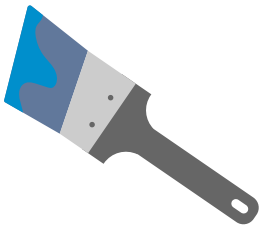
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