

The Impatient-but-Meticulous Person's Guide to Painting Kitchen Cabinets

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It took me seven years to finally bite the bullet and paint our pink pickled oak kitchen cabinets. I KNEW it would be a beast of a project but it had to be done. I wanted to do it right and with high quality but be efficient and as quick as possible (the impatient-but-meticulous part of this). I used quality products and wrote out step-by-step what needed to be done to get the best finish possible and to keep me on track on what needed to be done. Yes, there are a lot of steps, but make a plan, put your game face on, get to checking them off, and you'll have a long-lasting quality finish to enjoy for years to come.

I've included all the supplies I used, how I split our kitchen up, and all the steps I used but by all means use what you are comfortable with and tackle it however works best for you. But I hope these lists will make it faster and more organized at least! Further details can always be found in the blog post [HERE](#) ~ Emily

Supplies

(affiliate links included for your convenience)

- [liquid deglosser](#)
- [TSP cleaner](#)
- rubber gloves
- [dust mask](#)
- [wood filler](#)
- [tack cloths](#)
- [painter's tape](#)
- box cutter/xacto knife
- plastic sheeting/tarps
- sawhorses/boards
- [right angle screwdriver](#) (if needed)
- [sanding sponges in 180 and 220 grit](#)
- [permanent marker](#)
- [Small felt bumpers](#)
- [palm sander](#) with 220 grit
- primer
- paint
- [paint sprayer](#) with [cleaning kit](#)
- [high-quality paintbrushes](#)
- water
- vacuum
- plastic baggies
- [drill](#)/screwdriver
- towels
- cold beverages of choice
- a REALLY good playlist



Frames

- Cover or move contents of cabinets and remove drawers

Steps for Frames	Section A	Section B (if applicable)
Clean with TSP		
Clean with deglosser		
Fill any blemishes		
Sand with palm sander 220 grit		
Vacuum dust		
Wipe down with tack cloth		
Tape off		
Paint primer coat, let dry		
Lightly sand with 220 sponge		
Vacuum dust		
Wipe down with tack cloth		
First paint coat, let dry		
Lightly sand with 220 sponge		
Vacuum dust		
Wipe down with tack cloth		
Second paint coat, let dry		
Lightly sand with 220 sponge		
Vacuum dust		
Wipe down with tack cloth		
Third paint coat, let dry		
Carefully remove all tape		

Doors/Fronts

- Make a drawing of the kitchen and give all doors/fronts a number (1,2,3...32 etc)
- Label each door/front with its corresponding number on painter's tape. This works for both the doors and fronts and is easy to move to the side not being worked on later (versus labeling in a hinge hole that can get painted over)
- Remove drawer hardware from fronts and store in corresponding drawer. Unscrew drawer face and keep screws in drawer as well
- For the cabinet doors, label a baggie with its number then write a "T" for top and "B" for bottom on the respective hinges. Place all hardware and hinges in the bag and put the bag in that cabinet.
- Each painting step will start with the back sides first so the fronts stay unblemished
- Thin your paint and primer according to the sprayer's directions
- Do a test spray on the tarp or on a board to make sure sprayer is working fine



Steps for Doors/Fronts Prep	Section A	Section B (if applicable)
Number all		
Remove, keeping hardware for each in numbered baggies		
Clean with TSP		
Clean with deglosser		
Fill any blemishes		
Sand with palm sander 220 grit		
Vacuum dust		
Wipe down with tack cloth		
Spray primer coat on backs, let dry		
Thoroughly clean sprayer		
Spray primer coat on fronts, let dry		
Thoroughly clean sprayer		
Lightly sand with 220 sponge		
Vacuum dust		
Wipe down with tack cloth		
Set up spray area with boards and sawhorses		



Steps for Doors/Fronts Painting	Section A	Section B (if applicable)
Spray primer coat on backs, let dry		
Thoroughly clean sprayer		
Spray primer coat on fronts, let dry		
Thoroughly clean sprayer		
Lightly sand with 220 sponge		
Vacuum dust		
Wipe down with tack cloth		
Spray first paint coat on backs, let dry		
Thoroughly clean sprayer		
Spray first paint coat on fronts, let dry		
Thoroughly clean sprayer		
Lightly sand with 220 sponge		
Vacuum dust		
Wipe down with tack cloth		
Spray second paint coat on backs, let dry		
Thoroughly clean sprayer		
Spray second paint coat on fronts, let dry		
Thoroughly clean sprayer		
Lightly sand with 220 sponge		
Vacuum dust		
Wipe down with tack cloth		
Spray third paint coat on backs, let dry		
Thoroughly clean sprayer		
Spray third paint coat on fronts, let dry		
Thoroughly clean sprayer		
Let cure for a few days		
Reinstall onto painted and cured frames with bumpers		

