Paint or Replace Kitchen Cabinets Checklist

Check your cabinets before you buy paint or sign a quote. Any box you can't check tells you what to price next.

1 The boxes

- [ ] No water damage, swelling, or soft spots, especially under the sink and by the dishwasher
- [ ] Shelves and cabinet bottoms aren't sagging
- [ ] Joints are tight, and every cabinet is firmly attached to the wall
- [ ] Doors and drawers open and close properly (or you'll replace the hinges and slides)

Can't check one? Price new cabinets. Paint won't fix the boxes.

2 The layout

- [ ] Enough storage and enough drawers
- [ ] Counter space where you prep and cook
- [ ] No plans for a bigger remodel in the next few years

Can't check one? Price a new layout before you paint.

3 The doors

- [ ] You like the door style
- [ ] The surface is intact: no peeling, bubbling, or lifting
- [ ] The doors are wood, MDF, wood veneer, or intact laminate
- [ ] Oak? You've painted one test door and you're OK with the grain

Style or surface doesn't pass? Price new doors or refacing.

4 Before you sand

- [ ] Built before 1978? The surfaces have been tested for lead
- [ ] Doors, drawers, and hardware are labeled so they go back in the same spot
- [ ] You've blocked out the time: prep and drying often take several weeks

Every box checked? Painting is a good fit. Wood and MDF take paint well, and intact laminate needs a bonding primer. Thermofoil is difficult to paint.

Compare your quotes

Quotes only compare fairly when they cover the same job. Fill in one column per quote, and ask about anything left blank.

	Professional painting	New doors	Refacing	New cabinets
Company				
Quote total				
Prep and repairs included?				
Removal and disposal included?				
Assembly and installation included?				
Countertops included?				
New hinges and hardware included?				
Time to finish				
Warranty				
Notes				

NATIONAL RANGES FOR AN AVERAGE KITCHEN

Professional painting	$2,500 to $6,500	**New doors and drawer fronts**	$2,200 to $6,600
Refacing	$5,000 to $13,000	**New cabinets**	$4,500 to $15,000

Sources: Fixr (2026) for professional painting; HomeGuide for new doors, refacing, and new cabinets.

Price new cabinets for your whole kitchen. Send your measurements or a sketch for a free cabinet quote: kitchencabinetkings.com/online-price-quote