Thank you for choosing Rundown Rustics to purchase your painting supplies. The following steps and materials are recommended for a successful and trouble-free refinishing project.

Step 1: Preparation for Paint

Before applying paint, all raw wood Projects require preparation sanding, and all existing finishes require prep cleaning and sanding. If you skip this critical step, your finish may fail.

Preparation for Raw Wood Projects

Sanding schedule: 120-grit sandpaper followed by 150-grit. Do not over-sand with fine-grit sandpapers; this will close and seal the wood grain, preventing ideal color absorption. Do not use steel wool with water-based finishes; the particles will get trapped in the finish and rust.

Remove dust with a vacuum, compressed air, an oil-free tack cloth or a water-dampened rag.

Let dry completely before applying General Finishes product.

Preparation for Projects with an Existing Finish for high-use areas with heavy grime build-up and oil from hands, give your project a deeper cleaning. Scuff clean with a Scotch Brite pad and a 50:50 mix of denatured alcohol and water. Dry 1-2 hours. Avoid cleaning with products containing phosphates (salt), which can linger in the substrate and produce a white haze. If your project requires a deeper cleaning, see Power Prep Cleaning Highly Used Existing Finishes below.

Sand lightly with a fine-grade (220-320) foam sanding pad.

Remove dust with a vacuum, compressed air, an oil-free tack cloth or a water-dampened rag.

Let dry completely before applying General Finishes product.

Power Prep Cleaning Highly Used Existing Finishes

Scrub clean with a detergent, such asTSP, Spic and Span or Dawn, using a Scotch Brite pad.

Rinse well with water.

Scrub clean with a Scotch Brite pad and a 50:50 mix of denatured alcohol and water. Dry 1-2 hours.

Sand lightly with a fine-grade (220-320) foam sanding pad.

Remove dust with a vacuum, compressed air, an oil-free tack cloth or a water-dampened rag.

Let dry completely before applying General Finishes product.

Step 2: Priming

A base coat of primer is not required when applying General Finishes Milk Paint. However, 2 coats of General Finishes Stain Blocker may be necessary for the following circumstances, especially when using WHITE OR LIGHT-COLORED PAINTS. You may also use Zinsser BIN primer available at most hardware stores. Raw Wood Tannin Bleed-Through is unpredictable; yellowing can appear immediately or months later with seasonal temperature changes. Oak, pine, mahogany and douglas fir are particularly prone to bleed-through.

Knots in Wood contain rosin (sap) and are dense, making paint adhesion a challenge. Pine knots are especially difficult to cover with white or light paints. If you decide to paint over them, apply 3 coats of Stain Blocker over the areas with knots first; however, we cannot guarantee against rosin bleed-through. You are better off using a dark paint on pine.

Existing Finish Bleed-Through may be caused previous stains or aniline dyes, surface contamination, and incompatibility between brands.

Dark Paint Colors Over Existing Surfaces: To improve coverage when applying darker colors such as Coastal Blue, Dark Chocolate, or Queenstown Gray, prime with a coat of Lamp Black.

Non-Wood Surfaces may be able to take paint if primed first. Primer may improve adhesion over laminate and prevent bleed-through from MDF. Metal requires a primer made specifically for metal.

NOTE: Do not tint or use Stain Blocker on projects that will be stored outdoors.

Priming Non-Wood Surfaces for Paint

Always test for adhesion on a hidden area of your project before getting started.

Metal: General Finishes Milk Paint is engineered for wood surfaces, but may adhere to metal, such as aluminum or steel, if a metal primer is applied first.

Clean surface well.

Apply primer.

Dry 48-72 hours before painting.

Laminate: Milk Paint MAY adhere to laminate with a bonding primer; however, we cannot guarantee it. You may increase your chances of success by abrading the surface.

Prep: Deep clean, dry thoroughly, sand with 150- then 180-grit sandpaper and wipe off dust.

Prime: Apply bonding primer, dry 12+ hours before painting.

MDF: Milk Paint can be applied directly to MDF, but the MDF may cast a brown color if not primed first. Two base coats of white-pigmented shellac-based stain-blocking primer, or Stain Blocker, may prevent bleed-through. Alternatively, one base coat of General Finishes Seagull Gray Milk Paint may block brown tone caused by MDF.

MDF is not as absorbent as natural wood. Let each coat of primer and paint dry at least 48 hours before recoating.

Fiberglass: Milk Paint can be applied directly over fiberglass without primer. We do not recommend applying other General Finishes products over fiberglass. Gel Stain may adhere to fiberglass, but it is not an exterior rated product.

Disclaimer

Although Stain Blocker is engineered to prevent the most persistent bleed-through when two coats are applied, General Finishes cannot guarantee prevention of bleed-through or yellowing on every project. Unknown factors and assiduous bleed-through can impact results. Stain Blocker is the strongest option known at this time and has performed extremely well in tests.

Step 3: How To Apply General Finishes Milk Paint

General Finishes Milk Paint Application Steps

Stir paint to reincorporate solids that have settled to the bottom of the can before and throughout the application process.

If desired, thin with up to 15% distilled water or General Finishes Extender. Start by adding 5% in increments until you reach the desired consistency. GF Extender will improve flow and leveling and increase open time, which is helpful in dry climates.

Apply 2-3 coats. More coats will be required when using colors with less "hide properties," such as bright reds, greens, yellows and whites.

Hand application: Apply using a synthetic bristle brush, foam brush, paint pad applicator or 3/8" nap microfiber roller such as Whizz or AllPro brand.

Before spraying, strain paint through a medium-mesh filter. Spray wet films at 3-5-mil thickness. HVLP: 1.8mm-2.0mm spray tip, medium air cap. Verify tip sizes with your equipment supplier. Keep your gun at a 90° angle, 6-8" from the surface. On large, flat areas, use wet, even patterns 6-8" wide. For narrow surfaces, reduce the fan pattern to 2-3" wide to reduce overspray. Overlap each pass 25% to conceal lines. Wear full filter NIOSH/MSHA-approved respiratory & eye protection.

Face frames on cabinets: Milk Paint can be applied successfully to cabinet face frames, edges or drawer fronts with a brush, pad or small cabinet-specific roller such as Whizz or AllPro brand.

Dry 2+ hours between coats and before topcoat in ideal conditions: 70°F/20°C; 50-70% humidity. Be sure to allow adequate dry time. You can tell if a water-based finish is dry if it forms a powder when lightly sanded with a fine-grade (220-320) foam sanding pad. If in doubt, wait

longer. Rushing dry time can cause clouding/blush in topcoat due to moisture trapped between coats. Increase dry time if:

- Humidity is over 80%
- 3+ coats are applied
- Thick coats are applied
- Applying over an existing sealed finish
- Applying over products from other brands

Layering General Finishes water- and oil-based products:

Water over oil: Let oil-based products dry 72+hrs before applying water-based products

Oil over water: Let water-based products dry 24+hrs before applying oil-based products

To accelerate dry time in humid conditions, add General Finishes Accelerator and work in a space with good ventilation and air movement. If you decide to re-coat before the recommended time, test dryness.

Finish sand between coats with a fine-grade (220-320) foam sanding pad to improve smoothness and adhesion.

Remove dust with a vacuum, compressed air, an oil-free tack cloth or a water-dampened rag.

Topcoat is not required on Milk Paint for increased durability, as it is a self-sealing, exterior-rated coating with high durability and superior water and chemical resistance. However, it has a low luster sheen. We highly recommend 2-3 coats of a topcoat provide a smoother surface that is easier to clean and boosts durability for high-use projects, such as tabletops and kitchen cabinets.

Cure Time

Water-based finishes cure and harden for full use after 21 days in ideal conditions. Avoid placing heavy objects on surfaces that have not completely cured. Treat gently, and do not clean with commercial products during the curing period.

Notes on Color

All white paints darken or yellow over time, but the change is more evident with bright whites, such as General Finishes Snow White Milk Paint.

Some colors require additional coats for coverage due to their lower hide quality, e.g., reds, bright whites, yellows.

Warning: Do not use water-based products with Linseed Oils or Danish Oils.

Step 4: Topcoat over Milk Paint

General Finishes Milk Paint does not require topcoat on low- to medium-wear surfaces. However, do seal high-use surfaces, such as kitchen cabinets or tabletops, with 3 coats of topcoat. Glossier sheens will boost durability and make the surface easier to clean.

Recommendations:

General Finishes High Performance Topcoat and General Finishes Enduro Clear Poly dry crystal-clear and are great for high-use surfaces. General Finishes Flat Out Flat is our flattest topcoat, only suitable for projects that do not receive major wear.

Topcoating General Finishes Snow White Milk Paint

Clear, water-based finishes can react with wood substrates and previous finishes, causing the topcoat to yellow. This is most evident when using bright white paints. To avoid potential yellowing, use 3 coats of spray-only Enduro White Poly as a standalone finish.