What's the extra piece of knowledge I have for solving a scroll right or left by accident?

There are 2 solutions to this:

1 - Use inspect (Shortcut = ctrl + shift + j) and its content's details feature to look into the content's of the webpage and see which one has too much width.

2 – In the <body> tag put a <div> tag with a class name of “scroll-finder” and which is affected by:

Width: 100%;

Height: 10px; <!-- You can change this value -->

Background-color: red; <!-- You can change this value -->

And then apply background-color to all the tags within the <body> tag, Whichever ones end up having more width than “scroll-finder” have some problem with them which you have to fix.

3 – Or you can use both methods.