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Dermatologists Explain Common Scalp Pain Causes and Treatments

How to treat scalp pain

- Wearing loose hairstyle to release tension on the scalp.
- Using antibacterial shampoo, which can clear up mild rashes.
- Avoiding products with fragrance or other potential irritants.
- Using cooling packs on your scalp.
- Taking an OTC medication like acetaminophen or ibuprofen for temporary pain relief.

How to keep your scalp healthy

- Wear sunscreen, including on your part.
- Try not to scratch your scalp, which can cause bleeding and pain.
- Use mild shampoos.
- Limit the use of heat-styling tools, which can tug on your hair and even burn the scalp.
- Use new products in small amounts to see how you'll react first.
- Consider using an anti-fungal shampoo to reduce the amount of fungus on your scalp.

When to see a doctor for scalp pain
