What is this on my face and why do I need it?
You are wearing this clear tube in your nose to monitor your breathing and to give you oxygen as needed. Your healthcare provider believes you need this because of your condition or because the medication you are getting can affect your ability to breathe.

The tube in your nose is attached to a device that will monitor your breathing. Be sure the tube is placed in both nostrils at all times. If you hear the device alarm, take a deep breath. It is not uncommon to hear more alarms while you are sleeping because your breathing is more relaxed. Think of the alarms as an alarm clock reminding you to take a deep breath.